

Patient information

Wrist/Ulnar Drift Supports

Occupational Therapy - Therapies Department



When you have active arthritis with prolonged swelling this can cause changes in the position of your wrists and fingers.

If you also have a sideways drift of your fingers, it is known as an ulnar drift. This can cause problems with gripping during some activities.

Undertaking heavy activities such as ironing, hoovering, DIY, prolonged computer keyboard use or gardening can cause further hand pain.

The purpose of wearing your wrist/ulnar drift support

- Help to reduce pain in your wrist/finger joints during activity.
- Support your wrist/fingers in a useful position to improve overall hand function.
- Help to protect the joints of your hands by reducing the effect of ulnar drift.

Wearing your wrist/ulnar drift support

- The support should be worn during periods of activity, for no longer than 30 minutes at a time up to eight times a day.
- This splint can be difficult to fit to your hand properly, check the picture on this information sheet, if you are still struggling contact your occupational therapist for advice.
- After removing your splint, gently exercise your wrist to loosen it up again. Soaking your hand in warm water can also help to relieve stiffness.
- It may be tempting to over wear your splint, but we would advise against this as it can cause muscle weakness and joint stiffness.
- If you wear your wrist support when driving, you need to inform your insurance and the DVLA.

Precautions

Remove your splint if you notice any of the following in your hand or arm:

- You have any skin colour changes.
- Pins and needles or numbness.
- Excessive swelling.
- Severe pain.
- Soreness caused by your splint rubbing.
- Red marks on your skin.

Please let your therapist know at your next appointment.

Care of your support

- You will need to wash your splint, as it will get dirty during daily use. Remove metal bar and wash in warm soapy water, allow to dry naturally before wearing again.
- Be sure to replace the metal bar correctly.
- Contact your occupational therapist if your splint no longer fits or needs replacing.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Occupational Therapy Service

Royal and Broadgreen Hospitals

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Aintree Hospital

Tel: 0151 529 8047

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