

INFORMATION FOR PATIENTS

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# How to use your splint (after a stroke)

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This leaflet is to provide information about the splint you have been provided.

You have been given a splint to help maintain the muscle length in the hand and wrist, and to prevent the hand from become tight, which may cause problems with cleaning the skin and using the hand. It may have also been given to try helping manage any pain.

Your splint may be plastic or have a soft fabric. What you will have will depend on what the therapist have decided is best to manage your problems.

### Application

The splint you have been provided with will have been specifically measured and shaped to address the specific needs of your hand/wrist.

The therapist will have advised you how to best fit the splint and ensure that it is comfortable.

**Please do not adjust any straps or fittings. If you are having problems speak to your therapist.**

### Instructions for wearing

Plastic/soft fabric:

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### Precautions

Contact the therapists if your splint causes any of the following:

- New swelling or stiffness.
- New pain/discomfort.
- Pressure area – this is an area of irritated skin resembling the beginning of a blister.
- A rash in areas in direct contact with the splint.

### Care of your splint

Plastic splints:

- A plastic splint will lose its shape if exposed to direct heat such as a radiator, an oven or direct sunlight in the summer.

- Use mild soapy water (NEVER HOT) when dirt collect.
- Strapping and tubigrip can be washed in mild soapy water.

Soft fabric (commercial) splints:

- These usually come with extra fabrics to allow washing of one while you wear the other.
- Instructions to wash these splints will be provided with the splint; we advise you follow the manufacturing guidelines.

### Contact details

Stroke Therapy Team - please liaise with the stroke unit team for help and support or you can contact us on telephone 01623 622515, extension 4679.

**If you experience problems with your splint after discharge please speak with the therapist that is seeing you in the community. If you do not have a therapist please ask your GP to refer you to a local neuro-outpatient team.**

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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