## Community Division

# Use and Care of your Splint

## Why do I have to wear a splint?

A splint may have to be worn for a variety of reasons.

Your therapist will explain why you have to wear yours.

### It may be for one of the following reasons:-

- ☐ muscle power is weak
- ☐ to help move stiff joints & tight tendons
- ☐ to reduce pain/swelling
- ☐ to rest joint(s)
- ☐ to help keep your fingers straight
- ☐ to protect a joint/healing bone
- ☐ to provide support for joint/healing bone during activity

## When must I wear my splint?

- ☐ Daytime
- ☐ Night-time
- ☐ Other

## How long must I wear my splint? _____

## What if my splint starts to cause me problems?

Your splint will be made to fit you as comfortably as possible, however it is wise to check for any problems.

### Please check for the following:

- red/sore skin
- no improvement
- repair or alteration needed
- discomfort
- allergic reactions eg. rash
- splint no longer seems to fit properly

If any of the above occur, you should contact your therapist as soon as you can. She will advise you whether to remove your splint and arrange an appointment for a splint check.

compassionate care

## If in doubt about anything regarding your splint, please ask your therapist for advice.

Date of review appointment: _____

Date

Your therapists name: _____

Huddersfield Royal Infirmary ☐
Lindley, Huddersfield
HD3 3EA
Telephone (01484) 342434

Calderdale Royal Hospital ☐
Salterhebble, Halifax
HX3 0PW
Telephone (01422) 224198

If you have not been given a review appointment, please get in contact if any problems develop with your splint.

When attending for a review appointment, please bring your splint with you.

## If you have any comments about this leaflet or the service you have received you can contact :

The Inpatient Therapy Department
Huddersfield Royal Infirmary
Acre Street
Lindley
HD3 3EA

Telephone No: 01484 342434 or 01422 224198

www.cht.nhs.uk

## If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

**"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"**