
Patient Information

Wrist Splints

Your Clinic Name

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Your City, State ZIP

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Your Logo

Wrist Splints

Wrist splints are used to treat many different types of wrist injuries. Although simple in design, you must use your wrist splint properly if it is to help your wrist heal.

How To Fit A Wrist Splint

To be most beneficial your splint must fit properly. It should be snug, but not so tight as to cut off the circulation or cause any discomfort. You should be able to move your fingers freely. If the splint is too loose around your wrist, some padding (such as a tube sock with the foot cut off) may help it fit better.

When To Wear Your Splint

Your doctor will give you specific instructions about when you should wear your splint. Generally speaking, most people start off for the first couple of weeks by wearing the splint at all times except when bathing. It is important to wear it when sleeping.

After a couple of weeks your wrist will start to improve. Then you should wear the splint when working, sleeping, and when doing other activities that may cause discomfort. As you continue to improve, you will wear the splint when sleeping and at other times only as needed. Lastly, you will

wear the splint only as needed. Your doctor will tell you when you should make each of these changes.

The Splint's Function

Many people don't really understand how a splint like the one you have works. The splint is not designed to prevent you from bending and moving your wrist. You are stronger than the splint and can force it.

The real way the splint works is to remind you not to do certain wrist movements, rather than to prevent them. If you can't do something, either at work or at home, comfortably with the splint on, then you are doing that activity the wrong way.

The Wrist Splint As An Educational Tool

If you can't do a certain activity comfortably with the splint on, then you need to think about how you are doing that specific task. What the splint is telling you is that the way you are doing the task isn't good for your wrist.

You should evaluate the actions required to do the task and see if you can find new ways to do the job comfortably with the splint on. Discuss

the changes with your supervisor - perhaps your ideas will help prevent your coworkers from wrist injuries.

Caring For Your Wrist Splints

- You can handwash your wrist splint in warm, soapy water. Let it air dry.
- If you find the angle of the bend of the metal insert uncomfortable, you may bend it a little to lessen the angle of the insert. Additional changes should be discussed with your doctor or therapist.
- If the splint begins to wear out stop by the office for a new one.

Final Thoughts

All of us want to help you recover from your injury as quickly as possible. We want you to understand your injury, our treatments, the medicines we prescribe, and the steps you can take to help the healing process.

Please call us if you have any questions about any aspect of your treatment.