

Patient Information

Splinting

Physiotherapy Directorate

We have developed this leaflet to inform you about the splint that has been provided as part of your physiotherapy care. Please discuss anything you do not understand with your physiotherapist.

General Information – frequently asked questions

What is a splint?

It is a supportive device made from a combination of plastics and soft materials - tailored to meet your need.

What is a splint used for?

A splint may be used to maintain your arm or leg in a good position and/or to provide support for specific joints.

When should I wear it?

Each splint is provided with guidelines on when and where to wear it. Please see the splinting plan on the back of this leaflet.

Is a splint easy to wear?

It will take a while to get used to wearing your splint. While you are in hospital, the nursing staff and your therapist will check it regularly. If you take it home, your therapist will provide you with instructions.

What should I do if there is a problem with the splint in hospital?

You should inform your therapist or the nursing staff as soon as possible if the splint is causing you any discomfort.

What should I do if there is a problem with the splint at home?

If you experience any of the following problems, **REMOVE THE SPLINT** and inform your Physiotherapist during normal working hours (8.30 am – 4.30pm, Monday - Friday)

- Excessive swelling
- Severe pain
- Limbs turning blue/feeling cold or tingling
- Splint rubbing on skin - causing red areas which remain for more than 10 minutes after removal of the splint.
- Excessive stiffness
- Skin irritation/soreness

If your splint is non-removable and you experience any of the first three problems listed above outside our normal working hours, please take the attached letter to your nearest Accident and Emergency department. They will advise you and remove your splint if appropriate. Please take this leaflet with you and the letter provided with it.

If you need to have the splint removed via Accident and Emergency please contact your physiotherapist as soon as possible during normal working hours.

How do I look after my splint?

Removable splints may be cleaned by sponging with warm soapy water and leaving to dry. **Make sure the splint is thoroughly dry before wearing it again.**

What if my splint is damaged or needs replacing?

If you are in hospital, please inform the therapist or nursing staff. If you are at home, please contact your named therapist (contact details on the back of this leaflet)

What other precautions do I need to take?

Avoid placing the splint in direct heat e.g.:- in front of the fire or on a radiator. **You must inform the DVLA if you intend to use the splint when driving.**

Splinting Plan for:-

Type of splint:-

Purpose of splint:-

How to put splint on:-

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How to remove splint:-

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When to put the splint on:-

When to take the splint off:-

Additional advice:-

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Therapist:

Date splint made:-.....

Review date:-.....

Contact person:-

Contact Number:-