

The Advice Line Service: 01744 646454

We have an answer phone service in the Rheumatology Department if you require any advice or need to change your therapy appointment.

Remember to speak slowly and clearly state the name of the person who the message is for.

Leave your name, hospital number and contact number.

### When will we call you back?

If you call the Advice Line Monday - Friday we will attempt to call you back on 2 occasions within 2 working days.

The advice line is not open at weekends or bank holidays and is not for medical emergencies.

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633



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# Thumb Restriction Splint

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Description

### Your splint has been approved to

Improve pain, discomfort and inflammation associated with the base of your thumb.

Provide support to the weakened muscles and tissues in the joint at the base of your thumb. This should improve your grip and strength which will make it easier for you to complete tasks.

### Application

Slide your thumb into the thumb sleeve and pull the splint down. Fasten the velcro, making sure it is on the top side of the hand. The splint should feel firm but not tight.

Align the strap along the velcro around the thumb and between the thumb and index finger. You can adjust this strap to make it longer if needed.

The splint should feel supportive but not too tight.

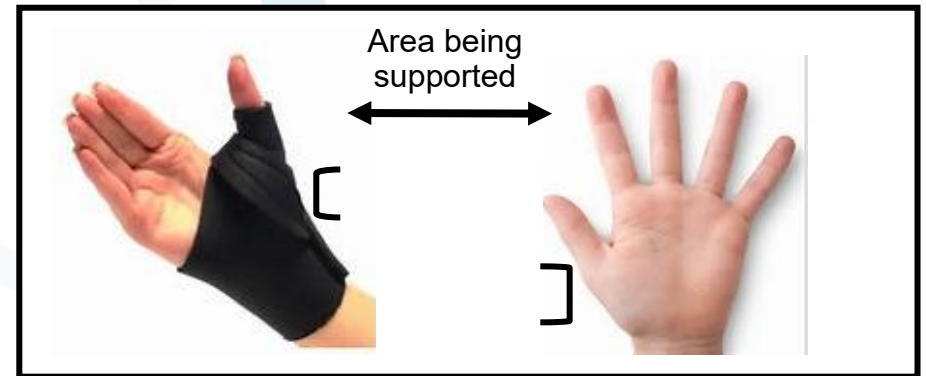
### Use

This splint should not be worn continuously. Your therapist will advise when your splint should be worn.

It is recommended you wear this splint when carrying out activities throughout the day that normally cause you pain in your thumb.

When removing your splint, make sure you carry out some simple exercises as advised by your therapist to prevent joint stiffness.

## Caution



### Cleaning

You can hand wash this splint in cool water and leave it to dry naturally. If you do require a replacement splint, or have any questions or concerns, please contact the Rheumatology Department. The department's number can be found on the front of this leaflet.

### Driving

It is recommended that you inform the DVLA immediately if you feel that your condition is affecting your safety while driving.

You should always notify your insurance company of your condition as failure to do so may result in your insurance cover being invalid in the case of an incident.

You are able to use your splints for driving so long as you can demonstrate that you can safely control the vehicle should the police stop you.

If you have any queries, contact the DVLA medical enquiries on 0870 6000301.