

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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St Helens and Knowsley
Teaching Hospitals
NHS Trust

Ulnar Deviation 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 provided to:

Bring your fingers back into neutral alignment when you are using them during the day or when resting.

The splint aims to:

- relieve pain
- Support metacarpal joints and surrounding tissues improving your grip strength enabling you to complete heavier tasks

When applying your splint

- open all velcro tabs and place wrist brace on a flat surface
- place hand palm downwards on open wrist brace and place thumb through hole
- start to fasten tabs beginning closest to elbow and working up, adjustments can be made for a more comfortable fit
- take finger strap closest to thumb and pull through diagonally between index and middle fingers and attach to loop fastening over knuckle joints (see picture)
- repeat with next two finger straps
- secure little finger strap horizontally by fastening across to ring finger strap

Cleaning

Hand wash in cool water then leave to dry naturally.



Use

- This splint **should not** be worn continuously unless instructed by the therapist issuing the splint
- You may find it beneficial to wear the splint whilst carrying out light activities
- During the first **two weeks** you wear your splint you may notice a reduction in your grip strength, once this period has passed it should improve
- When removing your splint place your wrist through a full range of movement (as directed by the therapist issuing the splint)

Driving

- If you feel your arthritis affects your safety as a driver you need to inform the DVLA immediately
- However, you should always notify your insurance company of your condition, failure to do so may result in your insurance cover being invalid in the event of an accident
- You are able to use your splints for driving so long as you can demonstrate you can safely control the vehicle should the police stop you. If you have any queries contact the DVLA medical enquiries on 0870-6000301