

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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Wrist Supports

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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Instructions

Your splint has been provided to:

- relieve pain
- reduce inflammation
- support weakened tissues and muscles therefore improving your grip strength enabling you to complete heavier tasks.

However, you may find completing finer tasks more difficult when wearing the wrist support.

Application

When applying your splint:

- make sure the rigid / metal part of your splint is next to your palm
- make sure the top of the splint is below your knuckles
- check you can move your knuckles and fingers freely
- place your hand flat on a table and secure the velcro tabs
- the splint needs to be supportive (not too loose, not too tight)

Cleaning

Hand wash in cool water then leave to dry naturally.

If you require a replacement or have any problems, please contact the Rheumatology Department. The telephone number can be found on the front of the leaflet.

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 that would normally cause pain in your wrist
- During the first two weeks you wear your wrist support you may notice a reduction in your grip strength, once this period has passed it should improve
- Alternatively it may be helpful to apply the splint for short periods when your pain is troublesome
- When removing your splint make sure you 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