

INSTRUCTIONS FOR USE OF DYNAMIC HAND SPLINTS

WARNING

- ❖ There is no latex used so there should be no reaction to the item.
- ❖ A skin rash is usually caused by overheating of the skin, sweating or unclean skin.
- ❖ If there is any swelling, skin discoloration, rash or pain, immediate cease wearing of the splint and contact the treating occupational therapist
- ❖ Prevent closing the straps too tight as this might cause occlusion of blood flow.
- ❖ Do not wear the splint if there are any open or infected areas.

INSTRUCTIONS FOR USE

- ◆ When donning the splint, put it on the thumb first and ensure that the material is all the way into the webspace – the area between the thumb and the first finger.
- ◆ *The "short splint = wrist wrap"* – close the rest of the splint firmly around the wrist without tying it too tight, thus avoiding color changes of the fingers.
- ◆ *The long splint = WHO"* – First close the thumb strap firmly, then close the furthest strap gently and finally close the middle strap around the wrist firmly. There should be no color changes of the fingers.
- ◆ After the initial purchase, on the first day, wear the splint for 30 minutes. Increase the time each day by doubling the time of the day before until the splint is worn for 8 hours.
- ◆ In most cases, there is no need to wear the splint at night
- ◆ In all cases, the treating therapist will give the final instructions for use.

INSTRUCTIONS FOR CUSTOM-MADE SPLINTS

- ⌘ In order to fit the splint, it needs to be heated in a microwave.
- ⌘ Place the splint with all the straps open in the microwave.
- ⌘ Heat the splint at maximum heat in 10 second increments until it is soft and malleable. This could take up to 3 minutes depending on the power of the microwave.
- ⌘ Do not leave the splint to heat in the microwave unattended, in order to prevent damage occurring to the thermoplastic.
- ⌘ When removing the splint from the microwave, ensure that there are no hotspots in the material before donning it on the client.
- ⌘ Mold the splint on the hand/elbow at the optimal position that can be attained and maintain that position until the splint begins to cool and harden.
- ⌘ Remove the splint and allow it to continue to harden – this could take up to an hour.
- ⌘ The splint can be reheated in order to perform serial casting

LAUNDRY INSTRUCTIONS

- Do not anoint the skin with creams or oils.
- If the splint has metal stays, there should be removed before washing.
- The splint should be washed by hand in luke warm water and a little amount of soap.
- After applying the soap, the splint should be rinsed well to remove any residual soap
- Gently squeeze to remove the water.
- The splint should be air dried.
- Do not dry in a machine, in the sun or near a heater.