

# Bespoke Splints

Physiotherapy & Occupational Therapy

## Who is this leaflet for?

This leaflet is for patients who have been given a device called a bespoke splint. It explains what the splint is, how to use and care for it and what to do if you have any problems.

Splint Provided:

Right / Left

## What is a bespoke splint?

A bespoke splint is a removable support usually made from a low temperature thermoplastic.

It is moulded to an individual for a custom fit.

## Why do I need a splint?

- To protect repaired tissues
- To maintain surgical correction
- To rest inflamed joints / soft tissues
- To try and correct / prevent further deterioration of a deformity / contracture
- To improve function
- To decrease pain
- To reduce swelling
- To maintain hand hygiene
- To increase range of motion

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## When should I wear the splint?

Gradually build up the length of time the splint is worn.

To be worn as directed by your Therapist:

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## How should I look after the splint?

Your splint is made from a low temperature thermoplastic, therefore it is vital that you keep it away from sources of heat for example: radiators, heated car windows, ovens, hot water.

The splint should be cleaned using cool water and soap, then can be wiped dry with a soft cloth.

## Will I have splint check appointments?

- It is important to have your splints checked at regular intervals to ensure they still fit correctly
- If your splint requires attention (i.e. it is damaged) before your review appointments, please let us know immediately by phoning the number below
- If you cannot keep your appointment please let us know at least 24 hours beforehand
- If you miss an appointment and do not contact us, we must recommend that you discontinue wearing your splints. We will discharge you from our department and will notify your doctor.

## What should I do if I have any problems?

If you experience swelling, severe pain, pressure or numbness, stop wearing the splint and contact your therapist. Never adjust or alter your splint. Your splint is an important part of your treatment. Please bring it to every appointment, so that it can be checked by your Therapist.

Name of Therapist: .....

Contact telephone number:.....

Out of hours / emergency contact instructions:

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## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਅਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。