

Finger Extension Splint

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients who have been given a splint called a finger extension splint (or finger stretch splint). It explains what the splint is for, how to use it and care for it, and what to do if you have any problems.

What is my splint for?

To facilitate finger extension and maintain current muscle length, to help stretch and extend your finger which in turn will reduce the chances of the muscles shortening.

How should I wear the splint?

It is important to follow your instructions. If the splint rubs, causes pain, or leaves red marks that last for more than 15 minutes, do not wear it and contact your therapist straight away.

You can wear the splint while seated or moving around.



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.



You may require assistance to put on / take off the splint. Initially it may take time to ensure the splint is applied properly, however it will become quicker and easier with practice. This is a self-management programme. If you do not wear your splint your current range of movement may decrease.

When should I wear the splint?

You should wear your splint at the following times:

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How should I look after the splint?

Wipe regularly with warm soapy water and air dry.

How should I keep my hand clean?

Make sure your hand is thoroughly washed and dried daily. Use this time to ensure the splint is not rubbing and the skin is not sore or broken. Report any break down of skin to your occupational therapist.

Please ensure finger nails are kept short with no rough edges to prevent them digging into the palm of the hand.

Who can I contact if I have any concerns or questions about wearing the splint?

If you have any concerns about the splint or its use, please speak to your therapist.

Name of therapist:.....

Contact telephone number:.....

Out of hours contact details:

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Will I have further appointments?

- It is important to have your splint checked at regular intervals to ensure it still fits correctly
- If your splint requires attention (i.e. it is damaged) prior to your review appointment, please let us know immediately by phoning the number you have been given
- 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 the splint. We will discharge you from our department and will notify your doctor.

Remember to bring your splint with you to each appointment.

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 ਆਸਾਨ 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。