

## What is a Neoprene splint?

This splint is a soft brace to help support body parts and relax tight and stiff muscles. It is made of non-latex material similar to what scuba diving suits are made from. Splints are worn while your child is awake.

## What is it used for?

The hand splint is used to support and keep your child's hand more open and relaxed. It helps your child to use their hand better to touch, grasp, and let go of objects. The splint should be worn as directed by your child's therapist.

## How do I put it on my child's hand?

- The splint should be worn over dry skin.
- Put the splint on the thumb first. Put the short part of the splint between the thumb and index finger.
- Fasten the Velcro® strap across the back of the hand.
- Your child's therapist will show you how tight the splint should be. They will tell you how long it should be worn.



## How do I clean it?

Wash the splint at least two times a week. It can be washed by hand, or by machine using the gentle cycle. Use warm water and a mild soap. Rinse the splint with clean water and let it air dry.

**ALERT:** Call your child's doctor, nurse, or therapist if you have any questions or concerns or if your child:

- Develops a rash.
- Has redness and it does not disappear 30 minutes after removal of the splint.
- Is not able to follow the splint schedule.
- Has special health care needs that were not covered by this information.

**For more health and wellness information check out this resource:**

<https://kidshealth.org/ChildrensWi/en/parents>

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**