

## Wrist Hand Orthosis (splint)

### What is a wrist hand orthosis (splint)?

A wrist hand orthosis is a hard splint that fits on the hand, wrist and forearm. It is held in place with straps and it is removable.

### Why is it used?

A wrist hand orthosis is used to assist with positioning, protection, muscle tone management, range of motion or restraint therapy.



### How do I put on a splint?

1. Put the splint on clean, dry skin. If your child has just bathed, let the skin air dry at least 30 minutes.
2. Place the thumb, then put fingers and wrist into splint.
3. Strap the wrist into place, then fingers and thumb. Finish by strapping in the forearm.

Special instructions: \_\_\_\_\_

Wearing schedule: \_\_\_\_\_

### How do I use and care for my splint?

1. The **first** time you put the splint on your child, take it off after 20 minutes. Check your child's skin for redness. If there is no redness, or the redness goes away within 20 minutes, you can start using the splint as determined by your occupational therapist or doctor.
2. Do not let the splint get hot. Avoid hot cars, hot water, radiators, heat vents or sunny windows. The splint can change shape when heated and no longer fit your child.
3. Wash the splint regularly. Hand wash plastic splints with warm water and air dry before putting back on your child. Wash cast material splints in a washing machine and let air dry. Do not place the straps in the washing machine, hand wash straps if soiled and allow to air dry. Do **not** put splints in the dryer.

### What should I watch for?

Watch your child's skin for red areas when using the splint. **If skin is still red 20 minutes after splint is removed, stop using the splint.** Call your occupational therapist to find out what to do. Your splint may need to be refitted.

If you have questions or concerns about your child's splint please call the occupational therapy department, or your child's therapist.

Therapist \_\_\_\_\_ Phone \_\_\_\_\_

**ALERT:** Call your child's doctor, nurse, therapist, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**