



Information about your thermoplastic splint

A splint is a device used to help support, rest, protect or aid function of a limb or other body part. Thermoplastic splints are usually made specially to fit you and may need to be adjusted over time. If you have been supplied an off-the-shelf splint and feel you need a different size, please let your therapist know. This splint is for exclusive use by you so it needs to be as comfortable as possible. If your splint rubs, causes any red areas or you get swelling because of the splint, please get in touch with us so we can review it and make it more comfortable.

Name of patient: _____ MRN number: _____

Your therapist is: _____

Date splint applied/made _____ RIGHT / LEFT / BOTH (please circle)

Product size _____ (for off-the-shelf splints)

Product name, brand, or brief description if custom made:

(e.g. 'Ezeform whole hand/forearm/thumb resting splint' or 'Promedics elastic thumb spica' or 'Performance Health wrist brace')

Why you need a splint:	When to wear your splint:
☐ To rest ☐ To protect ☐ To support ☐ To aid function ☐ Other: _____ _____	☐ All of the time (unless issues arise) ☐ All of the time (other than exercise/hygiene) ☐ For daytime activity ☐ For heavier tasks ☐ For work ☐ For rest at night time / day time ☐ Other: _____

General advice

Wearing a light tubular bandage, which can be washed and reused, under your splint may make your splint more comfortable to wear.

Care of your splint

- Your thermoplastic splint may be wiped (with warm soapy water and mild detergent such as washing up liquid) daily, but should not be submerged or soaked. Rinse and dry thoroughly before putting it back on.
- Do not leave your splint in a hot place, e.g. on a windowsill in sunlight, or on a radiator, as it may lose its shape.
- Pets like to chew splints so keep it out of their way.

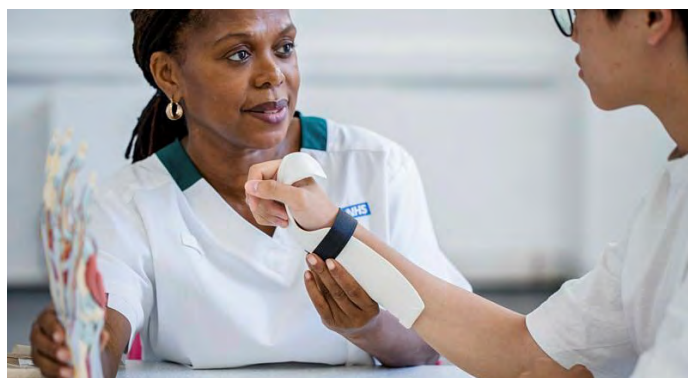


Photo credit: Reframe Image Library from the University Hospitals Bristol and Weston NHS Foundation Trust.

What to look out for when wearing a splint

- Please let the therapist know if you get any pins and needles or other sensations that are not normal.
- While you have a dressing on your wound, you will need to keep the wound and dressing dry.
- Do not attempt to modify or alter your splint yourself. If you are having difficulties with your splint, can't get it to fit correctly or do not understand any of the information given to you, please do not hesitate to contact us.
- Ensure you are wearing it as advised by your doctor or therapist. Do not over-tighten the straps.
- It may be necessary to review your splint. A follow-up appointment will be made for you if necessary.
- **Please bring your splints with you to each appointment.**

Contact us

RBFT Physiotherapy Department 0118 322 7811 or 7812.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Physiotherapy (Hand Therapy Unit), September 2026

Next review due: September 2028