

Patient information factsheet

Thumb spica splint

We have written this factsheet to explain what a thumb spica splint is and how to wear it. We hope it will answer some of the questions you may have, but if there is anything you don't understand, a member of your healthcare team will be happy to explain further.



What is a thumb spica splint?

A thumb spica splint is designed to be used during the day when support is needed and when you do things with your hands. It immobilises (holds still) the painful joints of your thumb and gives wrist support.

Don't wear your splint for longer than two hours at a time, as this may weaken your hand muscles.

Fitting

If your therapist has not already fitted your splint, you should remove the metal bar from the thumb section and bend it to fit comfortably around your individual joints and wrist. Your splint should feel comfortable to wear. If it doesn't, you may need to re-adjust the bar.

Your splint should be easy to put on and off, and should be firm but not too tight. Initially, you may want to get used to the splint by wearing it for short periods of time, such as 15 minutes, then gradually increase the wearing up to a couple of hours.

Washing

- Remove the metal bar before washing.
- The splint can be washed in the washing machine, although you may want to put it in a pillowcase first to keep it separate from the rest of your washing.
- Do not dry the splint on a radiator or in direct sunlight, as this will wear the elastic and cause the splint to change shape.
- Replace the metal bar before wearing the splint.

Adjustment

If you have any problems with your splint, please contact your therapist.

Therapist: _____ Date: _____

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Contact us

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If you need a translation of this document, an interpreter or a version in large print, Braille or audio, please call 023 8120 4688 for help.