

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Addenbrooke's Hospital Outpatient Physiotherapy

Patient Information

Wrist splint advice

Document history

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This leaflet is to give you some advice when wearing your wrist splints.

- Wear the splint as advised by your physiotherapist or doctor.
- Remove this splint periodically in the day to prevent your wrist from becoming too stiff.
- The splint is worn with the metal support on the palm side, with the wrist tilted slightly back. This will be adjusted as necessary by the therapist. You should not need to change this.
- This splint can be washed, but remove the metal strip inside before doing so.
- If a replacement is required you may obtain one from your surgery or Physiotherapy Outpatient Department.
- You should not wear the wrist splint when you are driving.

If your symptoms worsen, do not continue to use the splint and consult your doctor.

Pain relief

To help us optimise your treatment, it is important that you have adequate pain relief. If you are suffering high levels of pain please seek advice from your pharmacist or GP.

Further advice

Please be aware that this handout is to be used as a guide.

Contacts

Please contact our reception on 01223 216633 to leave a message for your physiotherapist, or to enquire about appointments.

This information has been compiled by the Physiotherapy team at Addenbrooke's Hospital. You may receive this information during an appointment with a physiotherapist, from your GP or via our website at

www.cuh.org.uk/outpatient-physio