



Splint Wear & Care Instructions

Type & Purpose of Splint Provided: _____

Date Splint was Fabricated: _____

Splint Wear Schedule: _____

You have been provided a custom fitted splint. Please remember to call and schedule an appointment with your hand therapist if your splint is rubbing or causes any areas of redness or irritation.

Your splint was made with heat. Please be mindful to keep your splint away from sources of heat such as hot water, open flames, radiators, car dash boards, hot sun, etc. This will cause the splint to soften and lose its shape.

Your splint can be cleaned with cool soapy water. Do not put it in the dish washer or washing machine.

If your splint has rubber bands, they should be replaced 1x/week with the same size rubber bands. A light steady pull on your fingers for a longer period of time is better than a hard pull for a shorter period of time.

Please remember to bring your splint with you to all of your therapy sessions. If you have any questions or difficulties with your splint, please do not hesitate to call your therapist.