



Working together to achieve the healthiest life possible for everyone in Ayrshire and Arran

Activity Advice and Modifications

Splints for OA of the wrist and hand

Wrist Splint for OA of the wrist



- Straps should be applied firmly, but not too tight.
- Wear liners under splint for hygiene/comfort.
- Your splint is to be worn for periods of rest or when doing activities to offer you support at the wrist.
- Do not wear the splint for longer than two hours without removing it to move your wrist. It is important you do not wear the splint too much otherwise your wrist may become stiff and weak.

Splints for thumb OA



A **thumb spica splint** can be useful to use during the day when support is needed and when you do activities with your hands. It can also be used for short periods of rest. This splint immobilises (holds still) the painful joint of your thumb and gives some wrist and thumb support.

Do not wear splint for longer than two hours at a time, as this may weaken your hand muscles.

Other alternative thumb OA splints

The **'push'** brace is designed to support the base of your thumb in a good functional position. It is a 'doing things' splint. If you experience pain or reduced grip strength when you pinch, grasp or perform similar movements you may find this brace helpful. Unfortunately, this is not something that can be provided at the hospital or from your GP. We are **not** advising you to rush out and buy this, simply providing further information. Below are some links to websites about these braces should you wish to find out more.

<https://www.promedics.co.uk/products/push-cmc>

<https://www.performancehealth.co.uk/push-ortho-cmc-thumb-brace>



Precautions and things you must be aware of when wearing or using a splint

Contact your health professional or discontinue use of any splints you have if you experience the following:

- Rubbing
- Increased pain
- Skin irritation
- Red marks lasting longer than 20 minutes
- Increased swelling
- An increase or new 'pins and needles'
- Colour changes to your skin

Care of Splint

Hand wash in cold soapy tap water: Remove metal/plastic bar prior to

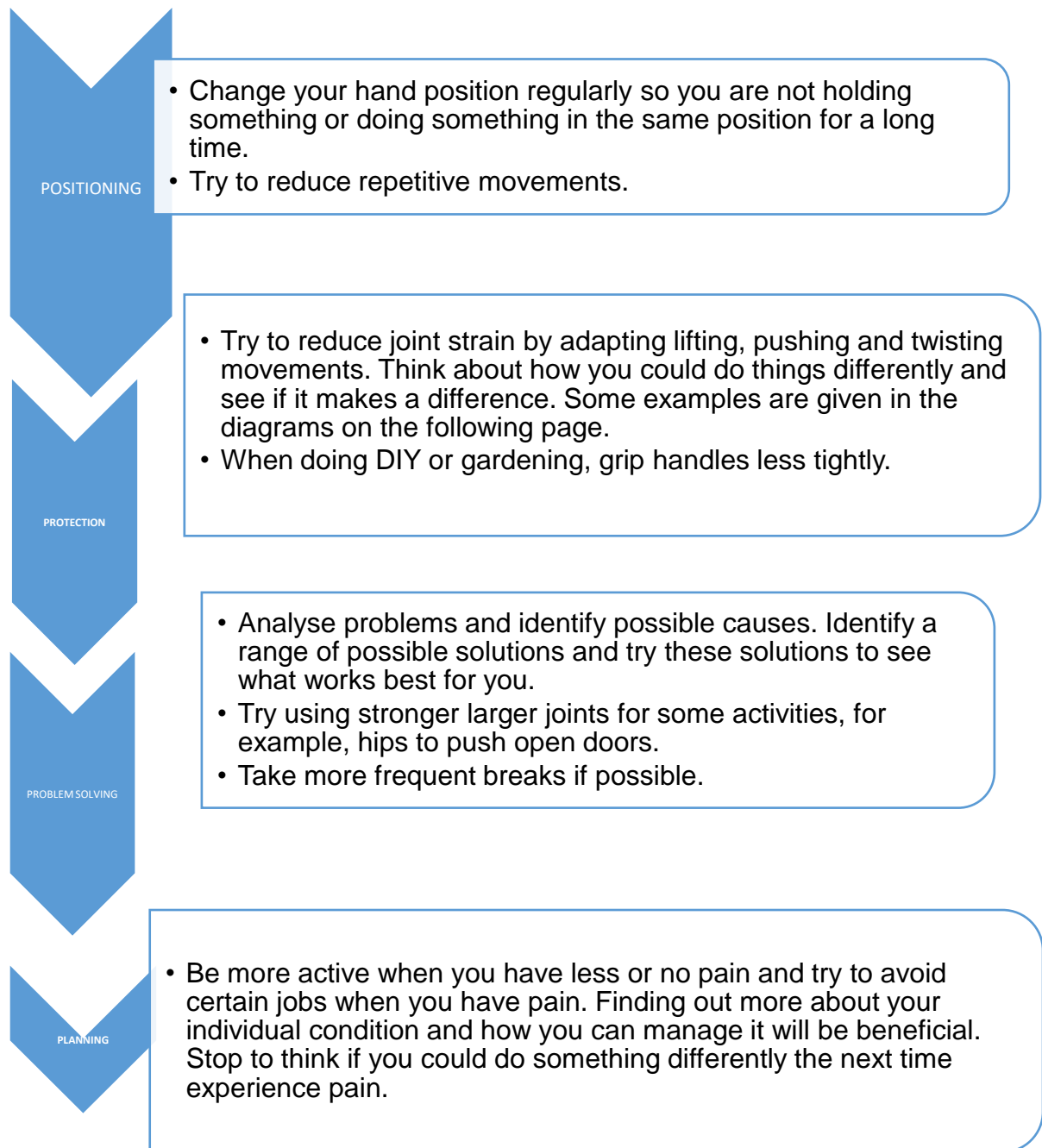
washing. Rinse thoroughly and dry in shade. Splint liners may be washed more regularly in cold soapy tap water.

Joint Protection and Activity Modification

Some hand and wrist conditions such as arthritis of the wrist, hand and thumb are chronic conditions, which means there is no cure. Therefore, it is important to look after the joints in your hand. Joint protection does **not** mean that you should stop using your hands, but that you should do things differently.

Making small changes; The four P's

Small changes can make a big difference



Below are some examples of different ways of doing things which can protect your joints and may also make life easier.

Examples of joint protection techniques

Instead of this...



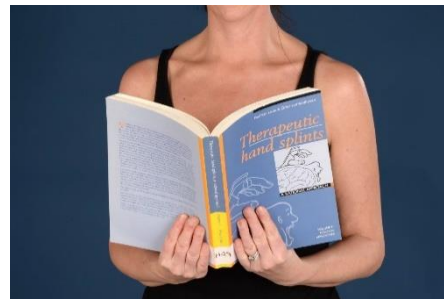
... try this



Instead of this (holding a book with one hand)



try this (holding it with two hands)



Hug large objects close to your body



'Shift not lift'. Slide a plastic jug of water to the kettle. Only use as much water as you need



Instead of lifting a large pot



Use a basket to save draining water



Assistive device

There are a variety of small aids that are available to assist you in maintaining your independence with completing daily activities.

For example:



Jar Twister:
to help you
open tight
jars.



Wide grip cutlery:
if you find it
difficult or painful
to hold cutlery.



Pen grips:
to support
grip when
writing



Plug pulls:
if you have
difficulty
removing
plugs



Tap turner:
attach onto
your taps to
make them easier
to turn on and off