



What is the purpose of the upper limb clinic?

- To monitor arm and hand function
- To monitor range of movement
- Review splints (if appropriate)
- Discuss your child's use of their hand/arm in everyday activities
- Talk about the exercise programme your child is carrying out at home

Who is the clinic for?

Children/young people who are most likely to be referred may have one or more of the following challenges:

- Find it difficult using their hands due to a congenital deformity (a change in shape or size of their hand that they were born with) or a brain injury
- Have difficulties with positioning of their hands
- At risk of developing a contracture (loss of range of movement)
- Need hand positioning for hygiene reasons
- Pre/post Botox

Do I need to attend with my child?

Yes, it is important for the parent/carer to attend with their child/young person to support conversations to take place.

How often will my child be asked to attend the clinic?

If your child is aged between two and six years old, you will be invited to attend twice a year. If your child/young person is aged between seven and 16 years old, you will be invited to attend once a year. Further appointments may be required. Your appointment will last approximately 45 minutes.

What will happen at the clinic appointment?

Initial discussion will take place with parent/carer and young person about how they have been using their hands/arms in everyday activities and about any exercises they have been doing. Parent/carers will be able to discuss any questions or concerns that they may have.

Measurements may be taken to monitor range of movement of arm and hand. Advice will be given on activities and/or exercises to be carried out at home.



What happens if my child or young person requires a splint?

A further appointment may be required if your child requires a splint. Measurements will be taken during the appointment for prefabricated splints (off the shelf). If your child/young person requires a custom made splint this will be made at Crosshouse Hospital or Ayr Hospital, Occupational Therapy Department by a Paediatric Occupational Therapist.

Do I need to bring anything to the appointment?

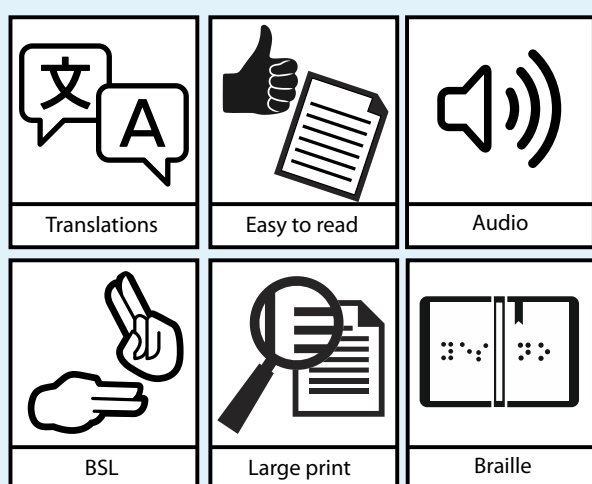
If your child/young person has been provided with a splint please remember to bring it with you when you attend the appointment.



This information is also available at:

www.nhsaaa.net/services-a-to-z/children-and-young-peoples-occupational-therapy-service/

We are happy to consider requests for this publication in other languages or formats such as large print.



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