

Northside Office
980 Johnson Ferry Road, NE
Suite 1000
Atlanta, GA 30342
404-255-1242



Alpharetta Office
3400A Old Milton Parkway
Suite 350
Alpharetta, GA 30005
404-639-9098

SPLINT INSTRUCTIONS

Splint Instructions for: _____

Date: _____

Name of splint: _____

Wear your splint: _____

PRECAUTIONS:

1. Keep your splint away from open flames; it will burn.
2. Keep your splint away from hot water, the heater, or prolonged sunlight. Do not leave splint in the car. Excessive heat will change the shape of your splint.
3. If your splint causes any of the following problems, remove it and call your therapist at **(404) 255-1242** for an adjustment appointment.
 - a.) Sore areas – red marks that don't go away (within 1 hour) **AFTER** removing splint
 - b.) Blisters
 - c.) Swelling (try loosening the straps)
 - d.) Numbness or pain

WHEN SPLINT IS REMOVED:

It is normal to experience a little joint stiffness and discomfort after splint removal.
IF INSTRUCTED TO DO SO BY YOUR THERAPIST, gently exercise the areas that have been restricted by the splint by slowly bending the joints up and down.

CLEANING YOUR SPLINT:

1. Clean your splint with soap and lukewarm water; scrub with a small brush. Dry with a towel. **DO NOT PUT SPLINT IN THE DISHWASHER OR DRYER.**
2. You may rub the inside with rubbing alcohol to decrease the odor.
3. Velcro straps and stockinette liner may be hand washed and air dried.
4. White cotton socks may be used to replace stockinette liners. Cut off the foot portion of the sock and cut a slit for the thumb to fit through.
5. Use panty liners on the inside of the splint to absorb sweat and odor.

ADDITIONAL INSTRUCTIONS:

- **ANY REFURBISHING FOR SPLINT (i.e. NEW STRAPS, PADDING ETC.) WILL BE SUBJECT TO A \$5 FEE.**
- **THESE REPLACEMENT ITEMS MAY ALSO BE PURCHASED AT ANY CRAFT STORE.**