

Resting Hand Splints

After spinal cord injury, your hands may be weak or unable to move. A resting hand splint will help your hands be in a natural position. These splints are usually custom-made by your therapist. Resting hand splints have many advantages:

- Support the wrist and joints of your fingers and thumb in correct position.
- Can help reduce pain, swelling, and stiffness in the wrists and fingers.
- Can help reduce hand deformity and joint contractures.

Caring for Your Splint

Cleaning your splint: Clean your splint about 1 to 2 times per week. Use alcohol wipes or a damp cloth to wipe the inside of the splint. This helps reduce germs and odor. Gently wash straps with soapy water and air dry.

Keep it away from heat: When wearing your splint, keep it away from strong heat sources (flames, heaters, inside a car on a hot day). Heat can make your splint change shapes. If your splint changes shapes, it can affect how it fits and how well it works.

Check your Skin Regularly

When you wear a resting splint, check your skin daily. Pay attention to areas of your skin that stay red for a long time. Remove your splint and contact your doctor or therapist if you notice:

- Red marks on your skin that does not go away after 10 minutes.
- More swelling or pain than usual.
- Tingling or numbness.

Contact your Occupational Therapist for more information.

MOBILITY

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