

## Useful contacts

### The British Pain Society

Third Floor, Churchill House  
35 Red Lion Square  
London WC1R 4SG

 0207 269 7840

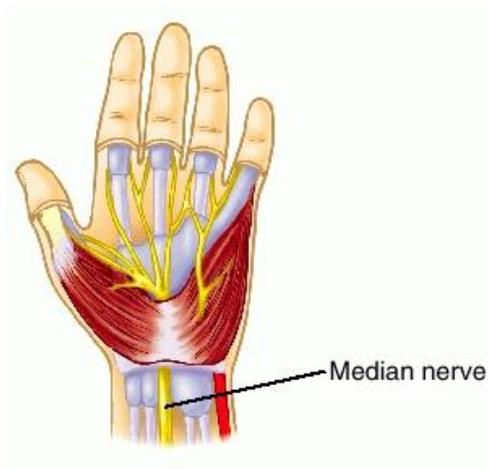
[www.britishpainsociety.org.uk](http://www.britishpainsociety.org.uk)

### Arthritis Research UK

Copeman House, St. Mary's Court  
St. Mary's Gate, Chesterfield  
Derbyshire S41 7TD

 0870 850 5000

[www.arthritisresearchuk.org.uk](http://www.arthritisresearchuk.org.uk)



## Care of the splint

The splint can be cleaned by hand washing in cool water. Ensure the splint is dry before wearing as the damp material will rub the skin.

## What to do if it doesn't help

If wearing the splint at night does not improve your symptoms or symptoms worsen please return to your GP for further advice.

## Summary

- The splint needs to be comfortable enough to relieve the symptoms
- The splint is worn at night time only to restrict flexion and extension positioning
- The splint bar needs to be adjusted in neutral position

## Hand and Wrist Service



## A guide for wrist splint use in carpal tunnel syndrome

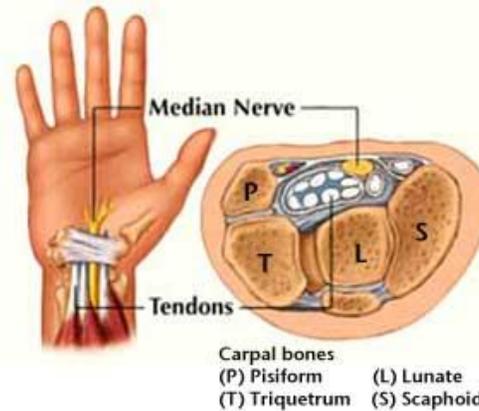
This leaflet will help you if you need a wrist splint for Carpal Tunnel Syndrome.

It explains how the splint will be fitted, how to wear it, how to care for your splint and what to do if you have any problems.

## Wearing the splint

The splint has been designed to keep the wrist in a straight position. This allows the carpal tunnel to remain open. When the wrist is moved backwards or forwards the tunnel closes and applies pressure / compression to the nerve. The main purpose of the splint is to prevent regular waking / disturbance in sleep.

**The splint must only be worn at night (i.e. for bed). The splint must not be worn during the day as this causes muscle weakness due to disuse.**



## How it is fitted

The splint has a rigid metal bar which must be flattened and straight. The metal bar is placed **along the wrist and palm** inside the leather pocket. The top edge of the splint must be placed along the horizontal crease in the palm below the base of the fingers.



Resting the hand and splint on a flat surface such as a table makes it easier to put on and remove. The straps must be applied firmly but not tightly. The two edges of the splint must not overlap or gap. You should be able to bend and straighten your knuckles.

## Warnings

If you notice any rubbing, or any heat rash, discomfort or increase in your symptoms remove the splint and contact your GP immediately.

