

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 for 2-3 months, does not improve your symptoms or symptoms worsen please contact the Sussex MSK Partnership on 0300 303 8063.

Summary

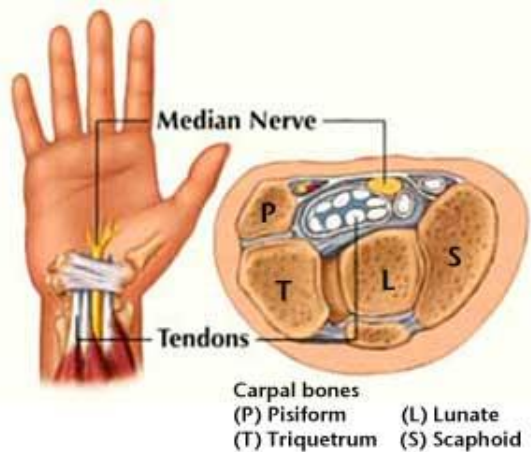
- The splint needs to be comfortable enough to relieve the symptoms
- The splint is worn at night time only to restrict flexion and extension positioning
- The splint bar needs to be adjusted in neutral position

MSK ICATS Hand and Wrist Service Non-Operative Treatment for Carpal Tunnel Syndrome



Carpal Tunnel Syndrome

When diagnosed with carpal tunnel syndrome, positioning of your wrist is important to improve your symptoms. Splinting the wrist in a neutral position increases space within the carpal tunnel and decreases any irritation of the nerve. Wearing a splint at night can decrease the symptoms of pins and needles.



Splinting



The purpose of the splint is to relieve the symptoms therefore it needs to be comfortable. When the wrist is moved forward or backwards, this will increase the pressure within the carpal tunnel causing pressure on the nerve.

The splint should be adjusted to position your wrist in neutral. You need to wear the splint at night to restrict movement of the wrist. Do not wear the splint during the day, unless you are planning repetitive hand activity for most of the day. To achieve the best results you ought to

combine splinting with exercises and stretches of the irritated nerve.

Fitting the Splint

The splint has a rigid metal bar which lies in a pocket of the Splint. Remove bar from this pocket and flatten /straighten bar. Then place the metal bar 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 gap. You should be able to bend and straighten your knuckles.

Warnings

If you notice any rubbing, heat rash, discomfort or an increase in your symptoms remove the splint. If the symptoms do not settle contact your GP.