

A Guide to your Resting Splint

Patient Information

Surgical Appliances



The Patient Information Leaflets page on the Trust website is available on the link: <https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

Author ID: EL
Leaflet Ref: CM 340
Version: 1
Leaflet title: A Guide to your Resting Splint
Date Produced: November 2024
Expiry Date: November 2026

Our Values

People at
the Heart

Listen and
Involve

Kind and
Respectful

One
Team

What is a resting splint?

A resting splint is an orthosis designed to be worn at night or when resting, for example, when watching TV during the day.

The resting splint will be matched to your specific needs – as each person is unique, so is their response to treatment.

What are resting splints prescribed for?

Resting splints are prescribed for a number of reasons, including:

- To relieve pain
- Reduce inflammation and
- Prevent/slow deformities

Wearing the resting splint

- We recommend wearing the splint at night, or when resting.
- To get you used to wearing the splint, we suggest you start off by wearing it for 15 to 30 minutes.
- When it feels more comfortable, gradually increase how long you wear it for at a time.
- If we have given you a splint for each hand/foot, we suggest you wear them on alternate hands/feet, on alternate nights.

Putting on the resting splint

- Fasten all straps securely, as directed by your Physiotherapist/Orthotist
- It must be comfortable and secure, with a gentle stretch felt.

Skin care

- You should check the skin every time you take off your resting splint, especially over the bony areas.
- Don't worry if you see red marks – these are normal and should disappear within 30 minutes following removal of the resting splint. If they do not disappear in this timescale, please stop wearing the resting splint and contact your Orthotic Department.
- If you notice any blisters, severe pain or a feeling of pins and needles, you should stop using the resting splint and contact your Orthotic Department for advice as it may need adjusting.
- Be particularly careful with visual checks if you suffer from poor sensation.

Care of the resting splint

It is important that the resting splint is kept clean and in good working order.

- The splint can be made of heat-sensitive materials. Do not put it in hot water or leave it near heat sources, such as a radiator or on a sunny windowsill, because it will change shape.
- You can clean the splint using cold or lukewarm water with washing-up liquid or gentle soap; or as instructed by the manufacturer of the device that you have been supplied with.

Contact details

Orthotics Department:

Aspull Health and Wellbeing Centre,
Oakfield Crescent,
Aspull,
Wigan,
WN2 1XJ

Telephone: 0300 707 1229 / 4055 / 6220.

Monday to Friday, 8:00am – 4:00pm

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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