Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

A Guide to Resting Splint

Version number: **1**
Last modified date: **12th November 2026**

Patient Information

Surgical Appliances

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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



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