Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Using Wrist Supports due to Carpal Tunnel Syndrome

Version number: **8**
Last modified date: **12th November 2026**

Using Wrist Supports due to Carpal Tunnel Syndrome

Patient Information
Occupational Therapy Department

- Author ID: PCR
- Leaflet Ref: OT 011
- Version: 8
- Leaflet title: Using Wrist Supports due to Carpal Tunnel Syndrome
- Date Produced: August 2024
- Expiry Date: August 2026

You have been provided with a wrist support for your:

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When to use the supports

Your wrist support has been provided to keep your wrist in a straight position to help relieve your symptoms.

You should wear your support during the night. If you experience symptoms throughout the day, you can wear your support on these occasions. Please note, if the support is worn for prolonged periods this could lead to reduced muscle strength and/or wrist joint stiffness.

If after approximately two weeks you have complete relief of symptoms discontinue the use of your support.

If you have some relief of symptoms, reduce the daytime wear and continue with nighttime wearing.

If you experience no relief of symptoms you will need to be reviewed by your consultant or General Practitioner (GP).

If you have an injection to the carpal tunnel

Resting the wrist after an injection can help to keep the steroid in the carpal tunnel while it takes effect. You are advised to fit your wrist support and rest your wrist for 48 hours. After this time complete the exercises as advised by your Occupational Therapist. If you do not complete the exercises your wrist may become stiff**.**

Exercises

When wearing your support for periods during the day, you must remove it approximately every two hours and gently move your hand/wrist as shown by the Occupational Therapist. If you are advised to wear the support at night, then complete the gentle movements of your hand/wrist when you get up. If you do not complete the hand exercises, then your wrist may become stiff.

Please check the following each time you use your support:

Check your skin for signs of pressure, irritation, changes in sensation or skin colour. Remove the support if you have any concerns about this and contact the Occupational Therapy department for advice.

The fit of your support

Your support should always fit well. If your support is not fitting correctly, we will reassess your need for the support. Contact the Occupational Therapy Department to arrange this.

Cleaning your support

Remove the metal bar before cleaning. Your support may be hand washed with lukewarm water and soap and dry away from direct heat.

Driving

It is not recommended to drive whilst wearing a wrist support, but if you choose to do so then please inform your insurance company as your insurance policy may be affected.

If you require a replacement support

Following the provision of this support by the Occupational Therapist you will be provided with information to enable private purchase if you require this support in the longer term.

Contact Information

Your Occupational Therapist is:
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Occupational Therapy: telephone 01257 258272

Occupational Therapy Department

Wrightington Hospital

Hall Lane

Appley Bridge

Wigan

WN6 9EP



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