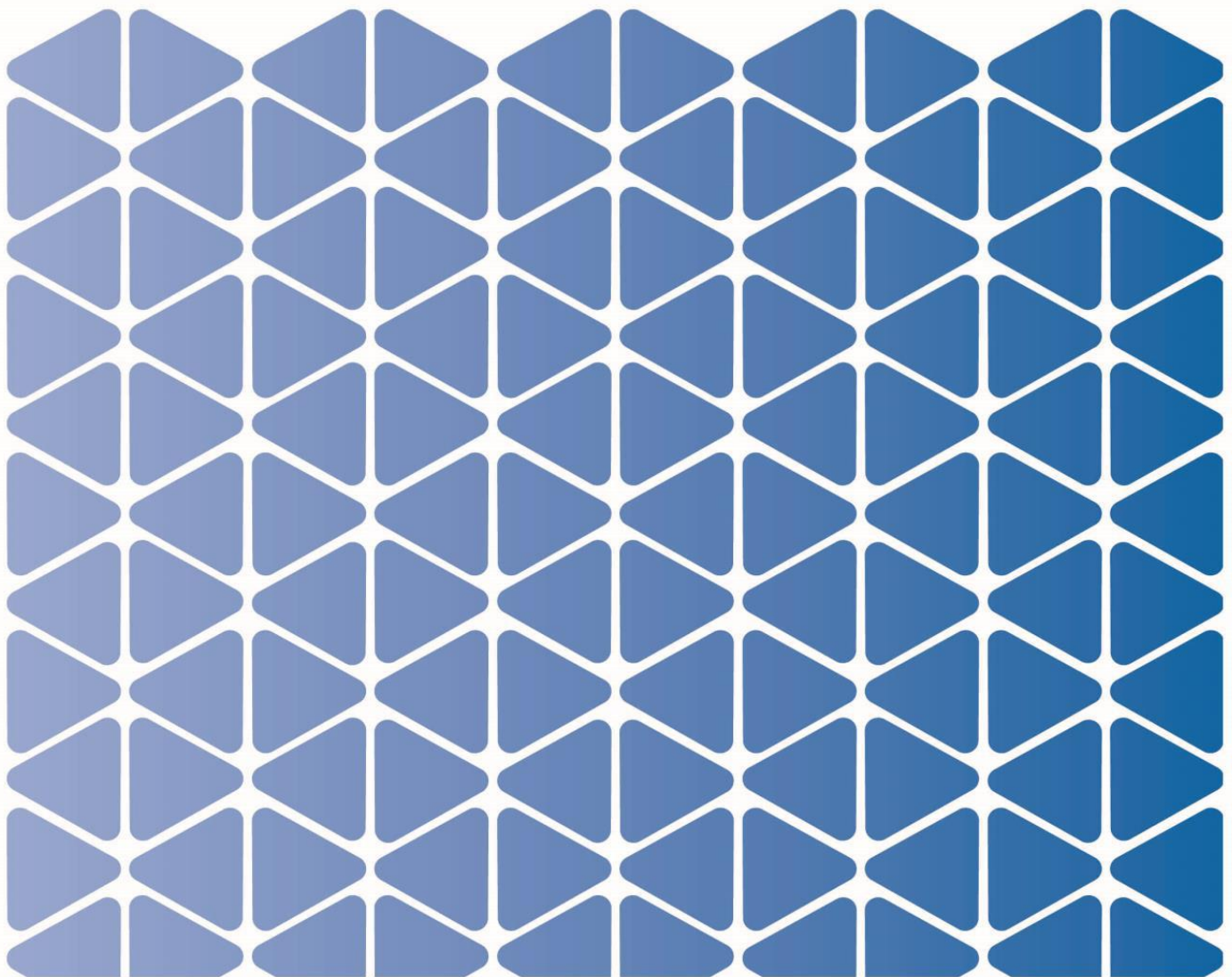


PATIENT INFORMATION

Finger extension splint





The finger extension splint is designed to stretch the middle joint of your finger.

Application

To apply please refer to the picture above:

- Slide the splint on your finger.
- The pad with letter P sits underneath the knuckle joint on the palm side of your hand.
- The pad in the middle should sit on the back of your middle joint.
- The coils should sit either side of your middle joint.
- The smaller pad should sit supporting underneath the joint at end of your finger. Please ensure the pad does not push the end of your finger into hyper extension.

Splint prescription:

The therapist providing you with the splint will explain to you when to wear it.

However there is some general advice you should follow:

- Build up the length of time you wear the splint. Initially wear it for 10 minutes before removing it and checking your skin. If there are no problems you can gradually increase the length of time to 1 hour.
- Remove the splint at regular intervals for hygiene needs and to put your finger joints through their full range of movement as advised by your therapist.
- Unless advised, avoid wearing the splint at night time.

Precautions:

If Your splint causes any rubbing, redness or you experience increased pain/discomfort you should stop wearing the splint and contact your therapist for advice.

Additional instructions:

Your Therapist is: _____

Contact details:

- WORCESTERSHIRE ROYAL HOSPITAL
Occupational Therapy 01905 760683
Physiotherapy 01905 760187
Highfield Unit 01905 760462
- ALEXANDRA HOSPITAL
Occupational Therapy 01527 512146
Physiotherapy 01527 512114
- KIDDERMINSTER HOSPITAL
Physiotherapy 01562 823424

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.