

Rehab TIP SHEET #8

Resting Hand Splint Application

The purpose of a hand splint is to:

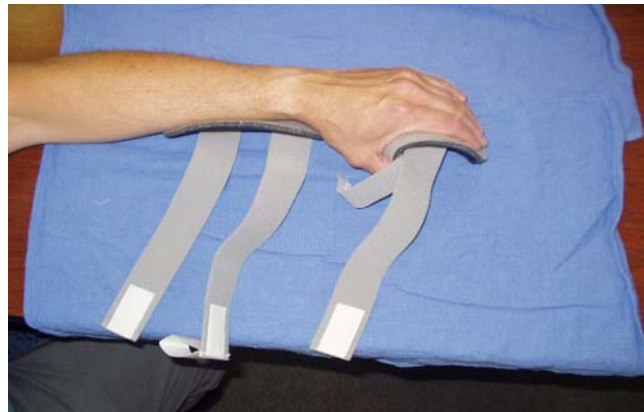
1. properly position and protect the affected hand;
2. protect the joints and prevent contractures; and
3. decrease risk of swelling.

Application:

1. Undo all Velcro straps on the splint and place in front of the patient's weak arm.



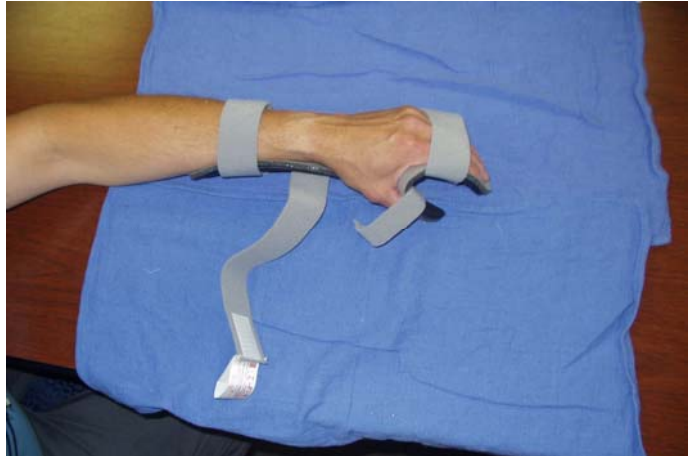
2. Place the forearm in the large trough. Make sure that the forearm is placed comfortably in the middle of the trough, fingers on top, and the thumb placed in the thumb trough (as shown below).



3. Attach the Velcro strap closest to the elbow across the end of the forearm.



4. Attach the strap at the top of the splint across all four fingers.



5. Attach the strap around the thumb.



6. Attach the strap across the wrist firmly, so the splint will not slide.

