

Review Procedure

Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.

Orthotic Department Tel: _____

Elastic Wrist Brace



Elastic Wrist Brace

What can the wrist brace be used for?

- To support the wrist after injury.
- To support and protect arthritic joints, during heavier activities.
- To rest tendons (muscle attachment).
- To restrict movements.
- To hold to wrist in a neutral position to reduce nerve impingement and aid circulation.

How do I put the brace on?

1. Place the opened brace onto a table top with the inside facing up.
2. Place your hand, palm face down, over the brace. The metal bar should run along your palm. Your thumb should be over the cut out piece with the narrow flap between your thumb and index finger.
3. Bring the elastic flap over the back of your wrist and fasten all 4 Velcro straps.
4. Adjust the straps to ensure the brace is supportive. It should not be too tight or too slack.
5. The fingers should be free to move easily.



Wearing your wrist brace:

- Follow the advice of the therapist who prescribed your brace for you.
- As a general rule it should only be used when you require extra support.
- Wearing a brace all of the time can cause your muscles to become weak and joints to become stiff.

Cleaning your brace:

- Remove the metal bar - take note of which way it fits into the brace. If you put it back the wrong way it will push your wrist into the wrong position.
- Fasten the Velcro straps back onto themselves before washing to prevent snagging.
- Wash the brace in lukewarm soapy water and rinse well.
- Do not dry over direct heat or in a tumble dryer, as this damages the elastic.

Problems

If you are in any discomfort with your splint, do not wear it. Contact your doctor or therapist, or ask advice from the orthotic department.