

Patient information

Elbow Resting Splints

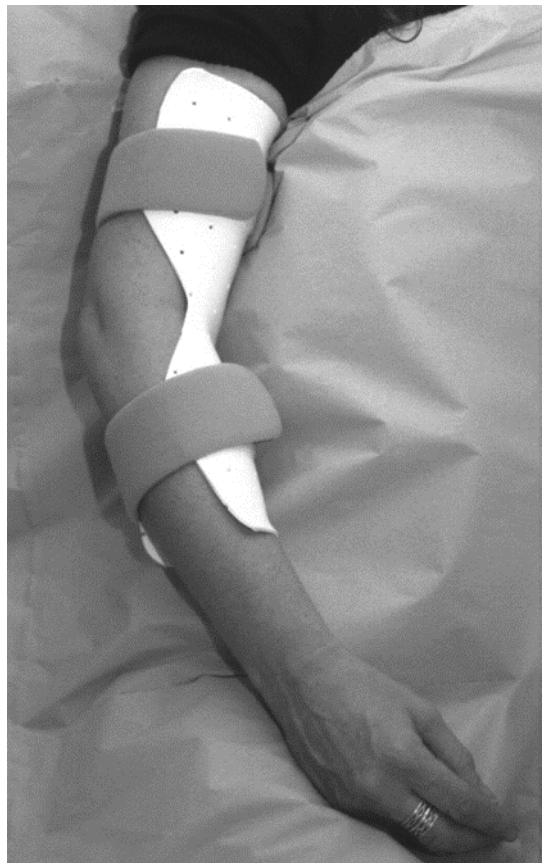
Occupational Therapy - Therapies Department

Arthritis can cause painful, swollen elbow joints. Your sleep may be disturbed by pain, and it may be difficult to straighten your elbow, especially in the morning.

Your elbow is important as it assists with the larger movements needed to complete an activity.

An elbow splint is made to:

- Rest the joint and help to reduce pain, inflammation and swelling.
- Support the joint.
- Maintain current range of movement and prevent further loss of movement.



Wearing Regime

- Your splint should be worn during the night while in bed. At first, you may find that you are only able to tolerate the splint for two to three hours. You can build this up gradually.
- Your elbow may be stiff the following morning. Remove your splint and gently bend and straighten your elbow to regain movement within your pain limits. A shower or bath may help to ease stiffness.
- You may also benefit from wearing your elbow splint for short periods for example thirty minutes at a time up to six times in a day during rest periods.

Maintenance

The splint can be cleaned using warm, soapy water. Allow it to dry naturally and keep away from heat sources, e.g., direct sunlight, radiators, fires as this may cause the splint to soften and change shape.

Precautions

Remove the splint if you notice any of the following in your arm:

- changes in skin colour
- pins and needles or numbness
- excessive swelling
- severe pain
- soreness caused by the splint rubbing.
- red marks on your skin.

If your splint no longer fits or you need a new splint, please contact your occupational therapist.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Occupational Therapy Service

Royal and Broadgreen Hospitals

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Aintree Hospital

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