

**Mary Pack Arthritis Program  
Occupational Therapy**

## **WRIST WORKING SPLINT APPROACH**

### **CONTENTS:**

- Purpose of Working Splint
- Indications for use
- Design Considerations
- Alternate/Concurrent Treatments
- Construction Process
- Use and Care
- Evaluation

#### Purpose of Working Splint:

- To support the wrist in order to decrease pain, inflammation and joint stress and enhance function and joint alignment.

#### Indications for Use:

- To reduce wrist pain, secondary to joint synovitis, tenosynovitis and/or joint damage;
- To reduce symptoms of carpal tunnel syndrome;
- To support wrist post-operatively following tenosynovectomy, wrist joint arthodesis or ulnar head resection.

#### Design Considerations:

- Splint should support wrist in 10° - 20° extension and 5° ulnar deviation(10° extension preferred for carpal tunnel splints);
- Splint should allow freedom of motion of fingers and thumb;
- Splint should conform well to wrist and palmar arch;
- Splint should be lightweight, cosmetically acceptable to patient, easy to keep clean and easy to put on and take off by patient.

#### Alternate/Concurrent Treatments:

- Use of commercially available wrist splints;
- Use of tensor bandages;
- Education re: joint protection techniques;
- Use of adaptive equipment;
- Implementation of ergonomic techniques;
- Application of heat or ice;
- Physiotherapy.

## Construction Process

- Refer to OT 11A-1 – Method of Making Plaster Hand Cast
- Refer to OT 11A-2 – Polyethylene working Splint
- Refer to OT 11A-3 – Polyethylene Bivalved Working Splint
- Refer to OT 11A-4 – Leather Working Splint.

## Use and Care of Wrist Working Splints

- Refer to OT 11D-1

## Wrist Working Splint Evaluation

- Refer to OT 11C01