

Buying a Thumb Splint Service User Information Leaflet

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Issue No. 5.2.1.7	Date of Issue: Sept 2016	Review Date: Oct 2022 If review date has passed the content will apply until the next version is published
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Produced by Fife Musculoskeletal Physiotherapy Service

Thumb Splints

This leaflet gives some advice on buying a thumb splint(s).

The examples in this leaflet are suggestions and will give you an idea of what a thumb splint should look like. These splints cost around £9 to £11 for one splint.

Does it have to be a certain design?

Your thumb splint should have an internal bar in it to limit movement at the base of your thumb. It should not limit your thumb tip or finger movement. It should be easy to take on and off. Splints come in two main types. Thumb splints that only limit thumb movement (Figure 1 A). If you need greater support some splints support the wrist as well (Figure 1 B).



(A)



(B)

Figure 1: (A) Thumb Splint Only

(B) Thumb and Wrist Splint

How are Thumb Splints Usually Sized?

Thumb splints are usually supplied in small, medium, large or extra large sizes. The size required is usually based on measuring around the wrist with a tape measure (Figure 2). Different suppliers may use different methods to size so always check.

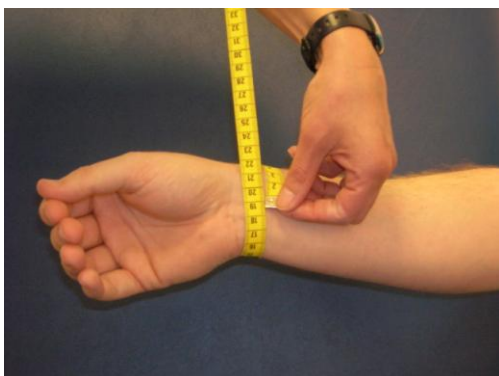


Figure 2: Measuring Around the Wrist

Where do I get a Splint From?

You can order wrist splints from a Pharmacy/Chemist. Please check with your local branch.

You can also order from the following companies online or by phone. Other stockists and suppliers are available.

Promedics.

Telephone Promedics: 01475 746410.

Order online: <http://www.promedics.co.uk>

Patterson Medical.

Telephone Patterson Medical: 08444 124 331.

Order online: <https://www.physiomed.co.uk/>
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