

# Buying a Wrist Splint

## Service User Information Leaflet

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## Wrist Splints

This leaflet gives some simple advice on buying a wrist support(s).

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

### Does it have to be a Certain Design?

Your wrist splint should have a metal bar in them to limit wrist movement. It should not limit your thumb or finger movement (Figure 1).



**Figure 1: A Standard Wrist Splint**

If you are going to use your splint to treat Carpal Tunnel condition, you should ideally flatten the bar of the splint. This gives your wrist nerve more space to move. You wear it at night while you sleep. You'll have to wear a splint for at least 4 weeks before you start to feel better. Stop or cut down on anything that causes you to frequently bend your wrist or grip hard, such as using vibrating tools for work or playing an instrument.

Flatten the splint by placing the splint on the edge of a table and gently pushing the end down so that it is flat.

### How are Wrist Splints Usually Sized?

Wrist 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. Other stockists and suppliers are available.**

### **Promedics:**

Telephone Promedics: 01475 746400

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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