

The rheumatology advice line service is 01744 646457.

We have an answer phone service (open 8am to 1pm) in the rheumatology department if you require any advice or need to change your therapy appointment.

Remember to speak slowly and clearly state the name of the person who the message is for.

Leave your name, hospital number and contact number.

When will we call you back?

If you call the advice line Monday - Friday we will attempt to call you back on 2 occasions within 5 working days.

The advice line is not open at weekends or bank holidays and is not for medical emergencies.

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Southport Hospital
Town Lane, Kew,
Southport, Merseyside, PR8 6PN
Telephone: 01704 547 471

www.MerseyWestLancs.nhs.uk

Wrist or thumb support

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră.

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Description

Your support has been provided to improve pain, discomfort and inflammation associated with your arthritis. It also provides support to the weakened muscles and tissues in your wrist or joint at the base of your thumb. This should improve your grip and strength which will make it easier for you to complete tasks.

Application

Slide your hand/ thumb into the support as you were shown by your therapist and fasten the velcro. The support should feel firm but not tight.

If you are fitting a support that has a bar for additional support your therapist will show you how this fits into the support.

Use

This support should not be worn continuously. Your therapist will advise when you should wear the support.

It is recommended you wear this support when carrying out activities throughout the day that normally cause you pain in your wrist/thumb.

When removing your support, make sure you carry out some simple exercises as advised by your therapist to prevent joint stiffness.

Cleaning

Refer to the support instructions on washing and allow to dry naturally. Always remove any bars from inside the support before washing.

For a replacement support if your needs have not changed, you will be provided with information so you can purchase a replacement. If your needs have changed and the support is no longer helping, please contact the department.

Precautions

If any of the following occur, stop using the support and contact your therapist:

- Soreness caused by the support rubbing
- Severe pain or feeling of pins and needles
- Excessive swelling
- Blisters
- Changes in skin colour i.e. pink/red marks which do not disappear a few minutes after removing the support

Driving

It is not recommended to use a wrist or thumb support when driving.

It is recommended that you inform the DVLA immediately if you feel that your condition is affecting your safety while driving.

You should always notify your insurance company of your condition as failure to do so may result in your insurance cover being invalid in the case of an incident.