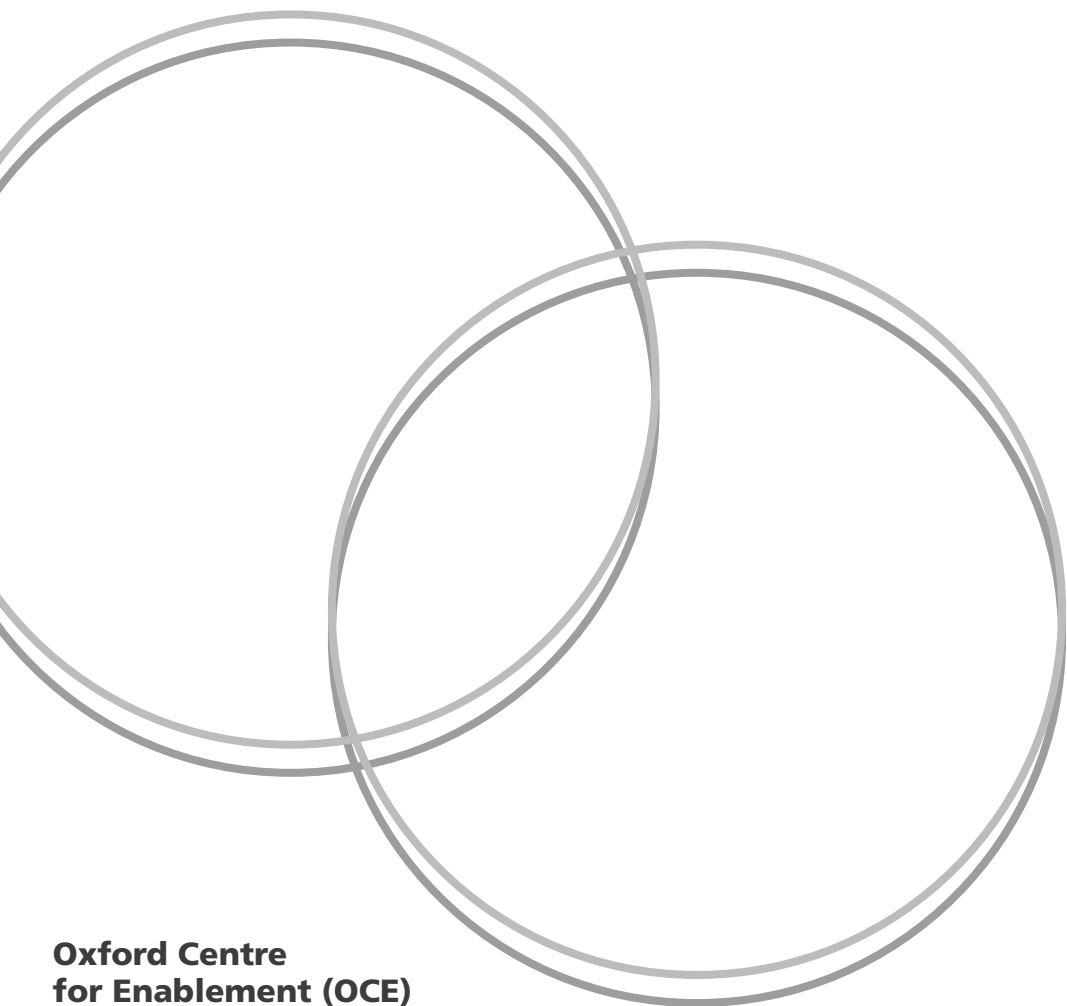




Oxford University Hospitals  
NHS Foundation Trust

# Arm Splinting Clinic for patients with neurological conditions

Information for patients



Oxford Centre  
for Enablement (OCE)



## What are splints?

Splints are external devices that are applied to a limb such as your hand. They may be made for you or pre-made.

### They may have a variety of purposes:

- To help maintain muscle length.
- To prevent increased stiffness.
- To maintain joint range.
- To help maintain the hygiene and the condition of your skin.
- To prevent pain.
- To help with function such as eating or writing (functional splints are made in a different clinic).
- To maximise benefits of other therapeutic interventions such as spasticity management injections.



**You will have been referred by a health care professional involved in your care, such as one of the physiotherapists from the spasticity clinic.**

## Your appointment

At your appointment, your arm will be assessed by the Occupational Therapists and Physiotherapists in the clinic to establish if you require a splint and if so which is the most appropriate splint to meet your needs. The splint may be custom made or off the shelf. If you do require a splint, this will be discussed with you including wearing guidelines, how to put the splint on and take it off and when you should not use a splint.

## Length of appointment

Your appointment will last approximately 90 minutes. You will be asked to wait in the waiting area until a member of staff comes to collect you and you will be taken to the appropriate clinic room.

## After your appointment

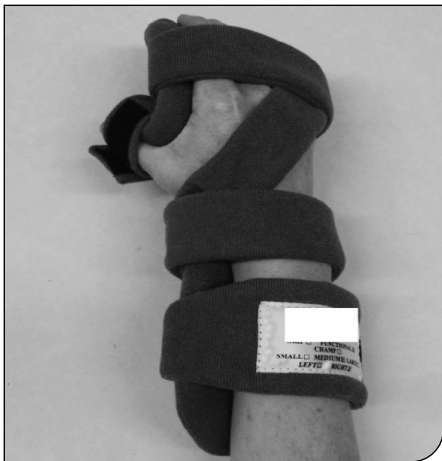
You will be contacted by a member of the team to see how you are managing with the splint and if a further review is required.

If you are unable to wear your splint, please contact us so you can be reassessed. Not using the device we give you may lead to issues such as skin damage or stiff joints.

## What you will need

Please bring with you any splints that you currently have so that these can be assessed and potentially amended.

We recommend that you bring a drink with you as there is no café facilities on site however there are in the main Nuffield building.



## Where is the splinting clinic?

The splinting clinic is in the Oxford Centre for Enablement at the Nuffield Orthopaedic Centre and is run jointly by the Occupational therapy and Physiotherapy team.

## Parking and transport

There is limited parking on site, we recommend you allow time to be able to access parking, which is pay and display. There are a few disabled bays at the front of the building which require you to display a valid blue badge.

If you require hospital transport, you will need to contact SCAS on **0300 100 0015** they require at least 48 hours' notice to arrange transport.

If you are unable to attend your appointment, please ring **01865 737 375** to re-book. If you do not attend this may mean you are discharged from our service and will need to be re-referred.

# **Please contact for appointment information:**

**Oxford Centre for Enablement admin**

Telephone: **01865 737 375**

# Notes

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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