

Melbourne Hand Rehab custom made leather splints are designed to fit each patient individually. Our braces allow for a comfortable degree of movement, while providing exceptional support for the wrist.

Melbourne Hand Rehab splints provide maximum support for long term use of chronic injuries, including osteoarthritis and chronic wrist pain. They are designed to:

- Improve comfort during functional activities
- Improve joining support to the ligaments and muscles
- Improve joint alignment
- Improve hand function

Wearing instructions

- Wear your splint for activities that normally cause wrist pain and discomfort. When you remove your splint, gently move your wrist through its range of movement.
- If you are required to wear your splint all day, please take your splint off at least 3 times per day to complete some gentle wrist and hand range of movement exercises.
- You may find your normal activities are more awkward while wearing the splint of the first day or so. This is a matter of getting used to a new sense of support. The leather will soften and give a little over time with use.
- Check your skin the first day for signs of pressure. If any reddened areas occur, let your therapist know.

General care and cleaning

- Maintain your leather splint, similar to leather shoes or a handbag. Use a leather preservative and cleaner, such as Dubbin and saddle soap, every 1 to 2 weeks. Avoid using products that contain silicon.
- Avoid soaking the splint in water, as the leather will become brittle and will affect the fit of the splint.

For more information

For more information, call us directly on **03 9458 5166** or visit our website at www.melbournehand.com.au