# Wrist Splint

*Application, removal, and care guidance for your splint*



## APPLICATION

- Open the splint by detaching the hook-and-loop closures.
- Slide your hand into the splint until the palm of your hand rests on the contoured stay.
- Feed the hook-and-loop straps through the d-rings, starting at the hand and moving toward the body.
- Secure each strap.
- Straps should be comfortably snug.

## REMOVAL

- Open all hook-and-loop closures.
- Pull the splint away from your hand.
- Replace the hook-and-loop closure; this will help with the longevity of your wrist splint.

## CARE

- The wrist splint can be hand washed in warm water with mild soap.
- The metal stay can be removed when washing.
- Air dry the splint.
- Replace the metal stay before application.

> **Note:** *If you experience persistent pain, swelling, numbness, or discoloration while wearing this splint, remove it and contact your healthcare provider.*