

Braces, Splints and Slings

Your appliance:

Wear it: ☐ all the time ☐ during the day only ☐ at night only ☐ when walking or outdoors

May be removed for: ☐ bathing ☐ exercises ☐ not at all

Wearing it correctly

- **Wear a thin cotton layer underneath** — a vest or stockinette. It absorbs sweat and prevents rubbing.
- Fasten the straps **snugly but not tight**. You should be able to slide one finger underneath comfortably.
- Fasten in the order marked on the brace. Straps done up in the wrong order let the brace slip.
- A hinged knee brace must have its **hinge at the level of your kneecap's upper border**, not above or below.
- **Check your skin twice a day** where the edges press — especially over bony points, and especially if your sensation is reduced or you are diabetic.

CLEANING

Most fabric braces can be hand washed in cool water with mild soap and **air dried in the shade**. Never machine dry or use hot water — the material shrinks and the Velcro fails. Close the Velcro straps before washing so they do not collect lint.

USING A SLING CORRECTLY

The knot or strap should rest **beside the neck bones, not on the spine at the back** — a strap directly on the neck causes headaches and neck pain.

Keep the hand **higher than the elbow**, and the elbow bent to about a right angle.

Take the hand out several times a day and move your fingers, wrist and, if allowed, the elbow. A shoulder in a sling stiffens quickly — but move only the joints we have permitted.

TELL US IF YOU NOTICE

A red mark or sore that does not fade within 20 minutes of removing the brace · broken skin · new numbness or tingling · the brace no longer fitting as the swelling settles — it may need refitting

Search: brace care, splint, sling, knee brace, cervical collar, shoulder immobiliser

