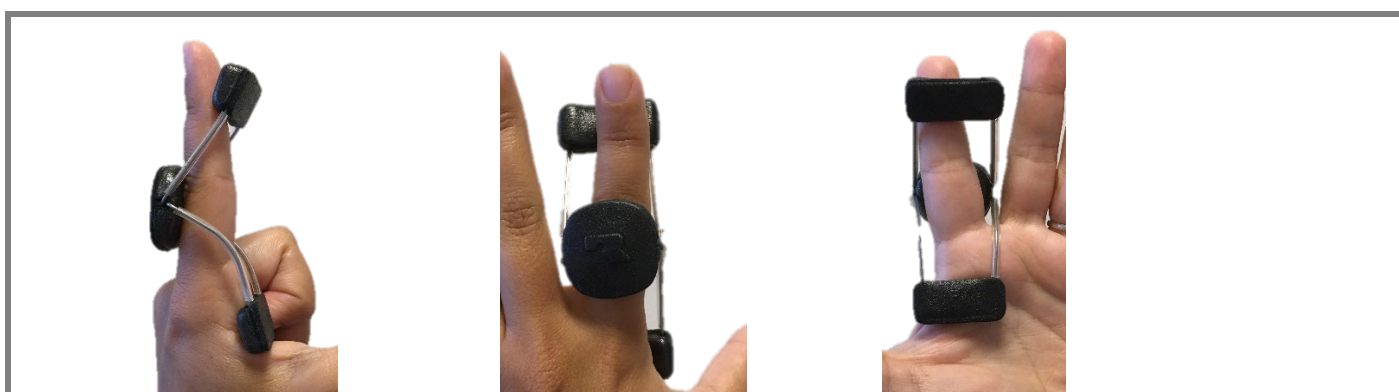


## Hand Therapy

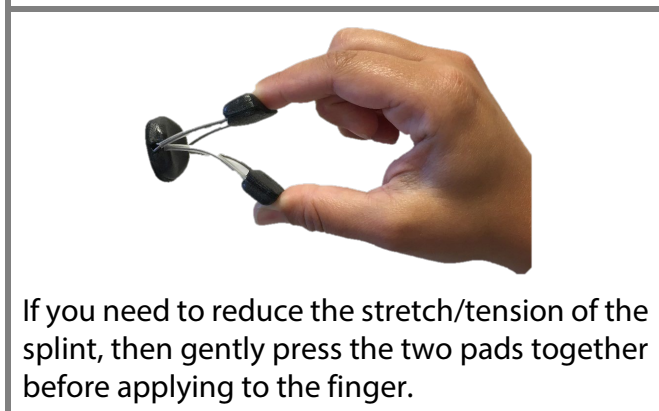
### Capener Splint

The aim of the Capener splint is to straighten your finger, whilst allowing you to still bend and function in it. You should try to wear the splint as much as possible throughout the day but you will need to build up your tolerance to it. Remove the splint if it causes your finger to ache. Return to wearing it when the finger feels comfortable again. You should also remove it when it may interfere with function e.g. operating machinery or driving.

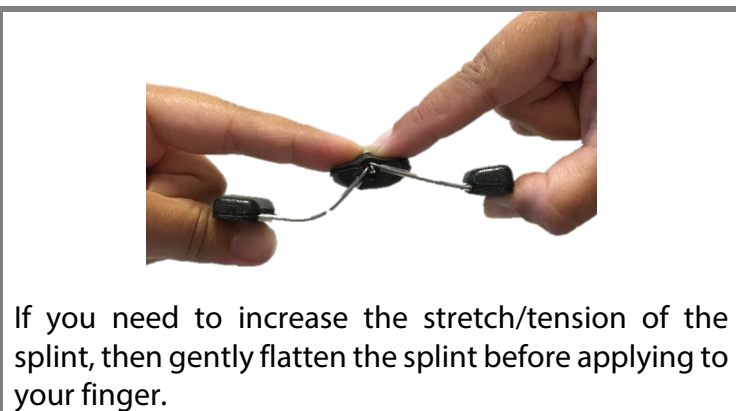
Contact the department if you think the splint is causing irritation, for example digging in; rubbing, causing red marks or rashes, or if it is affecting the colour, sensation or swelling in your hand. Please also contact us if you lose the splint. Please note that we provide your first splint free of charge but you will be required to cover the cost of a replacement.



To apply the splint squeeze the two ends of the splint together. Slide it all the way onto your finger. Let go gently. The single middle pad should be on the top/back of your finger. The two end pads should be on the underneath/palm side of your finger. One of the pads has a 'P' for 'Palm' marked on it. You should be able to see the 'P' sitting below the finger, with the pad resting on your palm.



If you need to reduce the stretch/tension of the splint, then gently press the two pads together before applying to the finger.



If you need to increase the stretch/tension of the splint, then gently flatten the splint before applying to your finger.

To contact us email: [qvh.handtherapy@nhs.net](mailto:qvh.handtherapy@nhs.net)

Alternatively phone: **01342 414072**

Information at [www.qvh.nhs.uk](http://www.qvh.nhs.uk) - Our services/Therapies/Hand Therapy