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## **Elbow and Wrist/Hand Splint Wearing Schedule**

### **DO NOT WEAR IF ALLERGIC TO NEOPRENE**

**Day One:** Wear device for 90 minutes then remove. Take off for a minimum 30 minute break. **Do this 4 times.**

**Day Two:** Wear device for 90 minutes then remove. Take off for a minimum 30 minute break. **Do this 4 times.**

**Day Three:** Wear device for 2 hours then remove. Take off for a 30 minute break. **Do this 3 times.**

**Day Four:** Wear device for 3 hours then remove. Take off for a minimum 30 minute break. **Do this 2 times.**

**Day Five:** Wear device as needed per your needs/function/therapy goals.

**PLEASE NOTE:** *Elbow/Hand splints are for positional and/or functional use. This wearing schedule is a guide line to monitor initial fit of you/your child's device. If your device is positional with a goal to maintain passive ROM wearing recommendation is 8 to 10 hours a day. If your device is to encourage a wrist and or thumb position to facilitate grasp, please check with your therapist to determine ADL's/therapy goals.*

### **DEVICE CARE AND CLEANING RECOMMENDATIONS**

- Wash frequently to remove body oils and other soil.
- Hand wash in warm water and mild soap. Rinse thoroughly and air dry. **Do not wring device.** Be sure device is completely dry before reapplying it.
- Do not use ointments or oils under the support.
- Do not dry clean or expose to heat or sunlight for extended periods of time.