



Does arthritis affect your hands?

If you have painful or weak joints in your hand or wrist, you may benefit from wearing a splint.

A splint can make it easier for you to carry out every day activities by:

- Reducing pain, for example by supporting the wrist, thumb or fingers
- Improving your hand's grip, strength and dexterity
- Protecting inflamed or swollen joints

A specialist occupational therapist can assess, design and make a splint to fit your hand and wrist.

Talk to your GP about a referral to an occupational therapist to learn more about how wearing a splint might help you

Occupational therapy can help you with managing your arthritis, protecting your joints, conserving energy and minimising pain

Occupational Therapy

helping people to live life their way

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An occupational therapist can support you to continue with the occupations (activities) that you enjoy or want to do from personal care and household tasks, to working and hobbies. The aim is to help you maintain your roles and relationships – within the family, with friends and in employment.

The National Institute for Health and Care Excellence (NICE 2013) states that people with rheumatoid arthritis should see a specialist occupational therapist if they have difficulties with any of their everyday activities, or problems with hand function.

NICE (2013) Rheumatoid arthritis: the management of rheumatoid arthritis in adults. (NICE Clinical Guideline 79).



College of Occupational Therapists Limited

The UK professional body for occupational therapy staff

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