

INFORMATION FOR PATIENTS

Richard splint

This leaflet is intended as further help to patients who have been supplied with a Richard splint. If advice in this leaflet differs from what you have been told on the ward or in clinic, wear as directed by the physiotherapist /orthotist, as this will be specific advice to your individual needs.

Your Richard splint

Richard splints are prescribed to restrict or limit motion at the knee joint. This may be necessary to:

- Protect the knee joint prior to surgical repair following an injury.
- Protect the knee joint following surgical repair.
- Prevent instability due to muscle weakness.

How it works

The splint will hold your knee straight in order to immobilise the joint for a short period of time.

When should I wear my splint?

You should wear your splint all the time unless instructed otherwise by your consultant. You will, however, need to remove for washing and skin checks.

You should ensure you remove your splint at least twice a day to ensure there is no skin damage.

When removing the splint, keep the knee straight and well supported, for example on your bed or sofa. If you notice any skin damage or irritation, please contact either the orthotic or physiotherapy department or your GP.

Fitting

Once the splint has been set up for you by the physiotherapist/orthotist, you can remove the splint by undoing the straps attached. While the splint is off you must maintain a straight and supported position of your knee, for example on your bed or sofa.

When re-applying the splint, ensure that the knee groove sits over your knee cap.

The splint should preferably be worn directly against the skin. However, if you wish to wear something in between the splint and your skin, this should be tight fitting clothing such as tights or leggings.

If the splint is worn over baggy clothing, the clothing may crease and cause skin sores. It will also increase the likelihood of the splint slipping down your leg.

Adjusting the fit

If you initially have swelling that then goes down, this will result in the splint becoming too big and you will need to adjust the splint's straps to gain a good fit.

To do so, pull the straps across the leg one at a time until the desired tightness has been obtained.

A video demonstration of how to fit and adjust the splint can be found at:

<https://www.youtube.com/watch?v=jmMM1Skw2VU>

Your splint has been fitted by:

(Name)

(Role)

Contact details:

- Physiotherapy Services (Clinic 10)
Telephone (01623) 672384.
- Orthotic Services (Clinic 2)
Telephone (01623) 676163.

King's Treatment Centre
King's Mill Hospital
Mansfield Road
Sutton-in-Ashfield
Notts
NG17 4JL

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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