

# Neoprene Braces for Thumb Osteoarthritis

Braces and supports that may assist with the management of base of thumb osteoarthritis are available to purchase. This leaflet outlines the options available to you and where you can purchase these braces for your use. If you have any questions, please speak to the hand therapist caring for you.

## Why is purchasing this brace recommended to me?

A brace made from neoprene may be useful in decreasing the pain levels in your thumb and allow you to continue with your day-to-day activities. A neoprene thumb brace may help to:

- Provide light support and gently restrict movement at your joints to prevent stress and force through the thumb.
- Make your joints more comfortable so that you can use your hand for daily activities.

## Where can I purchase a neoprene thumb brace?

There are several different braces that are commercially available. Many companies provide braces of a similar design. Some brace designs are listed below, along with information on where they can be purchased:

- Procool Thumb Restriction Brace
- Cool Comfort CMC thumb restriction brace
- Benecare CMC thumb splint



## Online suppliers

Health & Care:

[www.healthandcare.co.uk](http://www.healthandcare.co.uk)

Promedics Orthopaedics:

[www.promedics.co.uk](http://www.promedics.co.uk)

BeneCare Direct:

[www.benecaredirect.com](http://www.benecaredirect.com)

## What should the brace feel like when I am wearing it?

- When the straps are fastened the brace should feel secure but not tight.

- If your hand is tingling, cold or feeling numb, the brace may be interfering with your blood or nerve supply. Try loosening the straps. If symptoms persist, take off the brace and contact your therapist on the number given below.
- The brace should feel comfortable and supportive on your hand. It may take time to get used to wearing it.

## When should I wear the brace?

Your brace should be worn as directed by your hand therapist. The instructions for use are as follows:

## How do I care for my brace?

- If your brace gets dirty, you will need to wash it using cool water and soap. You may hand wash your brace or wash it on a gentle cold cycle in the washing machine.
- If your brace has a metal bar in it, remove this bar prior to washing it.
- Dry your brace away from direct heat to avoid damaging the fabric.
- Make sure that your brace is completely dry before using it, as a wet brace can damage your skin.

## Contact us

If you have any questions or concerns about the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment. For urgent queries, the team can be contacted on the **treatment enquiries** telephone number listed below.

**Your therapist's name is:** \_\_\_\_\_

**Treatment enquiries:** 020 8725 1038 (answering machine only)

**Appointments:** 020 8725 0007

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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