

## 注意

1. 適當地拉緊黏貼帶，太緊會影響血液循環，太鬆會導致矯形器鬆脫。
2. 如穿戴後有任何紅腫、瘀傷或皮膚磨損，應立即停止穿戴及通知矯形師以作跟進。
3. 切勿擅自修改矯形器。
4. 切勿把矯形器放近熱源，以免矯形器受熱變形。
5. 請於每次覆診時帶回矯形器，以便矯形師檢查及修改。
6. 其他備註：\_\_\_\_\_

## 清洗方法

1. 用火酒綿清潔手部矯形器



## Reminder

1. Avoid secure the strapping too tight or too loose
2. Check for any redness, bruise or abrasion after application, stop application immediately and contact your orthotist if any problem occurred
3. Do not adjust the orthosis by yourself
4. Prevent the orthosis from deformity due to heat source
5. Bring along the hand orthosis every follow up
6. Remarks : \_\_\_\_\_

## Cleansing

1. Wipe hand orthosis by cotton wool with alcohol

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屯門醫院兒童及青少年科  
Department of Paediatrics & Adolescent Medicine

手部  
矯形器

Hand Splint



家長指引單張  
Parent Education Pamphlet

## 穿戴目的

- 預防手部關節攣縮變形
- 使患處保持功能位置
- 固定 / 限制患處活動

## 穿戴時間

- 全日
- 晚間
- 休息時間
- 每隔 \_\_\_\_\_ 小時
- 日間
- \_\_\_\_\_

## 穿戴方法

1. 首先套上矯形師提供的手部筒型繃帶，藉此使手部保持乾爽，同時減少擦傷的機會
2. 解開所有黏貼帶
3. 按照矯形器上的左 'L'，右 'R' 標記穿上
4. 從手掌套上矯形器，注意手指要盡量伸直，手掌需與矯形器底部盡量緊貼 (圖 1)
5. 將黏貼帶固定 (圖 2)

## Purpose

- To prevent hand, wrist and fingers from contracture and deformity
- To rest or protect joints
- To keep hands in functional position

## Application Period

- Whole day
- Night time
- Resting time
- Every \_\_\_\_\_ hours
- Daytime
- \_\_\_\_\_

## Application Method

1. Put on the tubular bandage for hands provided by orthotist, because it prevents skin injured from friction
2. Open all the strapping
3. There are markings of right 'R' and left 'L' on bilateral orthosis
4. Put on the orthosis from the palm. Make sure the fingers are in extension position, palm is as close to the back of orthosis as possible (figure 1)
5. Secure the strapping (figure 2)



圖 1  
Figure 1



圖 2  
Figure 2