



Sievers Sports Medicine

INSTRUCTIONS AFTER SPLINT PLACEMENT

1. Make sure to loosen ace wrap in approximately 30-45 minutes after splint has initially been placed, if needed.
2. Allow plenty of time for splinting material to fully harden.
3. Elevate affected areas as much as possible for at least the first 24 hours after placement, and as needed afterwards.
4. Wear splint at all times unless otherwise instructed.
5. Call the office if you have any increased or excessive pain or swelling after splint placement.

Sievers Sports Medicine (575)-226-3023