



# FINGER RING SPLINTS INSTRUCTION MANUAL



Sometimes our fingers just need a little extra help, whether it's from arthritis, an injury, hypermobility, or simply the strain of everyday tasks. These lightweight, discreet finger ring splints are designed to give that support while still letting you get on with the things you love.

They help reduce hyperextension, ease discomfort, and add stability without getting in the way. You can even wear them the other way around to hold a finger in a fixed, pointed position, perfect for typing, crafting, or other tasks where precision matters. No bulky braces, no awkward straps, just comfortable, everyday support that works quietly in the background while you focus on life.

Great for:

- Arthritis
- Tendon injuries & sprains
- Trigger finger
- Instability & dislocation recovery
- Finger fatigue from typing or repetitive tasks
- Wearing in reverse for a stabilised pointed finger (e.g., for typing or specific activities)
- Mallet finger ("baseball finger")
- Hypermobility joints
- Ehlers-Danlos Syndrome (EDS)

Not sure which size is right? Email us and we'll send you an easy-to-use measuring guide to print and measure at home.

Image Description: Light weight finger ring splint made from smooth, durable material. It curves around the finger joint in one continuous band, with an open section over the top connected by a slim support bar. Shown on its own and worn on the finger in both standard and reverse positions.



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## Details:

Material: Plastic

Size: Please see the options as above.

Weight: 5 grams

Package Contains: 1x Oval-8 Finger Splint

## Care Instructions:

Use your finger ring splints under the guidance of a healthcare professional. Make sure they fit well to avoid further injury.

Stop using immediately if you feel pain, numbness, or skin irritation.

Check for any allergies to the splint material before use.

Avoid activities that may put extra strain on your finger.

Inspect regularly for wear or damage and replace if needed.

Store in a cool, dry place when not in use.

## How to clean:

Wash gently with mild soap and lukewarm water.

Rinse thoroughly and let air dry.

Keep away from direct sunlight or heat to prevent warping.

## Sample Set FAQ

- What's in the set? You'll receive our complete range of 14 different finger splint sizes.
- Can I keep all of them? Absolutely! If the whole set is useful to you, they are yours to keep.
- How do refunds work? We want you to only pay for what you use. Return the sizes that didn't work for you, and we will refund those specific items.
- Please note: Return shipping is the responsibility of the customer, and a restocking fee of \$5.00 applies to all returned splints to cover sanitization and processing.