



**N. E. S.**

**Hand Therapy Training**

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

## **Introduction to Thermoplastic Splinting**

Provisional Programme

### **Day One**

9.00	Functional Anatomy	Lecture	SM
9.30	Hand Assessment for splinting Equipment and Health & Safety	Lecture	NG
9.50	Thermoplastics and their properties <i>In this session each delegate will practice with a small piece of at least three materials (one fairly rigid, one fairly mouldable and one elastic memory), moulding and cutting techniques</i>	Workshop	SM
10.30	Principles of static splinting The splinting process <i>This session includes understanding the process of splinting from the therapist and the patient perspective as well as bio-mechanical and functional anatomy applications, adding contour to splints for inherent splint strength, applying Velcro correctly etc</i>	Lecture	NG
11.00	Pattern making – theory and practice <i>Demonstration and practice</i>	Workshop	Both
11.50	<i>Finger extension splint practical*</i>	Workshop	Both
12.30	<b>Lunch</b>		
13.30	Principles of strapping	Lecture	SM
13.45	<i>Hand based resting splint practical*</i> <i>Wrist extension splint practical*</i>	Workshop	Both
17.15	<b>Close</b>		

**\*All practical sessions include demonstration, discussion of clinical application, pattern making practical and supervised fabrication**

**Wearing of splint overnight**

## Day Two

9.00	Review of experience of wearing splint overnight	Discussion	Both
9.30	Pattern making for elbow and POSI splints <i>Elbow extension splints practical*</i> <i>POSI and resting splints practical*</i> <i>MCPJ blocking splints practical*</i>	Workshop	Both
12.30	<b>Lunch</b>		
13.30	Theory of tissue stretch	Lecture	NG
14.00	Pattern making for thumb splints <i>Thumb splints practical*</i> <i>Three different designs demonstrated and delegates can choose which and how many of these they choose to complete</i>  <i>Time will be allowed for finishing off any incomplete splints to emphasise the importance of correct strap placement and edges</i>	Workshop	Both
16.00	Use of static progressive splinting ( <i>practical if time</i> )	Lecture & workshop	
16.30	<b>End</b>		

Tea and coffee breaks to be taken informally mid morning and afternoon both days