



N. E. S.

Hand Therapy Training

www.neshands.co.uk

Introduction to Splinting of the Hand and Wrist

Programme

Day One

- 8.30 Registration
- 9.00 Applied functional anatomy
- 9.30 Health and safety, equipment and Hand Assessment for splinting
- 9.45 Thermoplastics materials and their properties
- 10.30 Principles of static splinting and the splinting process
- 11.00 *Tea/coffee*
- 11.30 Pattern making – theory and practice
- 12.15 Principles of and practical strapping
- 12.45 *Lunch*
- 13.30 Finger gutter splint (volar and dorsal)
- practical and clinical reasoning
- 14.30 Trigger finger splints
- practical and clinical reasoning
- 15.00 *Tea /coffee*
- 15.30 Wrist extension splints
- practical and clinical reasoning
- 16.30 Close - **Wearing of splint overnight**

Day Two

- 9.00 Review of experience of wearing splint overnight
- 9.15 Volar hand based splint (in POSI and in extension position)
- practical and clinical reasoning
- 10.30 *Tea/ coffee*
- 10.45 Dupuytren's splints – Post-through hand based
- practical and clinical reasoning
- 11.45 Theory of tissue stretch
- 12.30 *Lunch*
- 13.30 Thumb splints – practical and clinical reasoning
- pattern making for a range of thumb splints
- Practical of the following:
- hand based thumb post (UCL type)
- forearm based radial splint (De Quervain's type)
- 15.00 *Tea /coffee*
- 15.15 POSI (forearm based)
- practical and clinical reasoning
- 16.30 **End**