



Static Splinting the Hand: Practical Skills and Clinical Reasoning

DAY ONE

09.00 *Registration*

09.30 Aims and objectives
Health and safety for splinting
Equipment for thermoplastic splinting

09.45 Functional Anatomy

10.45 *Coffee*

11.05 Assessment for splinting

11.45 Materials and their properties (including practical)

12.45 *Lunch*

13.45 Principles of static splinting and the splinting process

14.30 Introduction to pattern making with practical for hand based finger and gutter splints

15.00 *Tea*

15.20 Clinical reasoning for finger splints
Present cases, group work to design pattern and fabrication

16.45 Principles of strapping including practical for finger splint

17.30 Close

DAY TWO

08.30 Clinical reasoning for splinting the elbow – for tissue stretch or high tone
Fabrication and strapping

- 10.00 Clinical Reasoning for wrist extension splinting with case studies and clinical indications
Group work to design patterns
- 10.45 *Coffee*
- 11.05 Wrist extension splinting practical
Fabrication and strapping
- 12.15 Clinical Reasoning for POSI and anti-spasticity hand splinting with case studies and clinical indications
Group work to design patterns
- 13.00 *Lunch*
- 14.00 POSI and anti-spasticity hand splinting practical
Fabrication and strapping
- 15.30 *Tea*
- 15.50 Clinical Reasoning for thumb splinting with case studies and clinical indications
Group work to design patterns
Start practical – to be continued day three
- 17.15 Close

DAY THREE

- 08.30 Thumb splinting practical
Continued fabrication of two - three different splints and strapping
- 10.00 Clinical Reasoning for splinting the OA / RA hand
Case Studies
- 11.00 *Coffee*
- 11.20 Splinting the OA / RA hand
Fabrication and strapping
- 13.00 *Lunch*
- 14.00 Clinical reasoning for splinting fractured 5th metacarpals and practical

15.30 Tea

15.50 Demonstration of other splints by tutors such as static progressive pronation/supination (tone and positioning) splints, static progressive or dynamic splints or anything else requested by the delegates

17.30 Close

- *Two tutors will be required for a group up to 24*
- *Three tutors will be required for numbers exceeding 24*
- *All teaching concentrates on principles and technique which enables all therapists to apply these skills to their own clinical caseload*
- *A list of equipment, environmental needs and consumables can be sent once the course has been agreed but will include:*
 - *One splint pan (9l minimum) for every 4 delegates*
 - *Large room with area for demonstration, tables around the outside of the room for equipment and consumables*
 - *One large table for four delegates in the central area*
 - *Effective ventilation*
- *NES will choose the materials needed and supply a full list of quantities for the course in order that the hosts can order from supplier*
- *A master of a full manual accompanying the course will be supplied for local production for each delegate*