N. E. S.
Hand Therapy Training
www.neshands.co.uk

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

12.45 *Lunch*

13.45 Principles of static splinting and the splinting process
14.30 Introduction to pattern making

15.00 *Tea*

15.15 Finger gutter splints
Present case
Group work to design pattern
Feedback
Fabrication (all making same splint design)

16.45 Principles of strapping including practical for gutter

17.30 Close

DAY TWO

09.00 Clinical reasoning for splinting primary flexor tendon injuries
Fabrication and strapping

10.30 *Coffee*

11.00 Clinical Reasoning for wrist extension splinting with case studies and clinical indications
Group work to design patterns
Feedback
Fabrication and strapping

12.45 Wound Healing

13.00 *Lunch*

14.00 Clinical Reasoning for POSI splinting with case studies and clinical indications
Group work to design patterns
Feedback
Fabrication and strapping

15.45 *Tea*

16.15 Critical appraisal of off the shelf splints

17.00 Close

DAY THREE

09.00 Clinical Reasoning for thumb splinting with case studies and clinical indications
Group work to design patterns
Feedback
Fabrication of two - three different splints and strapping

11.00 *Coffee*

11.30 Clinical Reasoning for splinting the OA / RA hand
Case Studies
Fabrication and strapping

13.00 *Lunch*

14.00 Theory and use of static, serial static, static progressive and dynamic splinting
Principles of static progressive and dynamic splinting

15.00 Theory of tissue stretch

15.45 Tea

16.15 PIPJ POP casting

17.00 Close

DAY FOUR

09.00 Clinical reasoning for static progressive and dynamic flexion splints
Case studies
Fabrication and strapping

10.30 *Coffee*

11.00 Clinical reasoning for static progressive and dynamic flexion splints…. Continued

12.00 Clinical reasoning for static progressive and dynamic extension splints
Case studies
Fabrication and strapping

13.00 *Lunch*

14.00 Clinical reasoning for static progressive and dynamic extension splints….. Continued

15.30 *Tea*

16.00 *Case studies – small group work clinically reasoning splinting solutions
Pattern making and fabrication.
For example:

- Post 5th MC#
- LF & RF extension post Dupuytren's Fasciectomy

17.00 Close

*The last hour will be used either to do more case studies to expand clinical reasoning and pattern making skills or to demonstrate a variety of other splints depending on the requests from the group.

Two tutors will be required for a group up to 20.
Three tutors will be desirable at numbers exceeding 20

A list of equipment, environmental needs and consumables can be send once the course has been agreed