

## Static Splinting with Confidence

**Course Description:** This course prepares the clinician to fabricate well-designed, well-fitting splints to meet appropriate splinting objectives. Principles of splinting, selection of materials, and diagnoses for which to fabricate the demonstrated splints are discussed. Design of splint patterns and fabrication of 5 splints used for common diagnoses are demonstrated. Following each demonstration, participants fabricate the splints on a partner with guidance as needed from the instructor.

### Course Objectives:

At the conclusion of this course, the participant will be able to:

1. List five splinting objectives
2. List three mechanical principles of splint fabrication
3. Identify an appropriate splinting material given the type of splint, diagnosis and other relevant patient characteristics.
4. Identify the "safe position" and explain why it is called the safe position splint
5. List one advantage of a dorsal splint design and one advantage of a volar splint design
6. List two splint complications and identify how to avoid or correct them
7. Name two conditions for which one would fabricate each of the five splints fabricated during the seminar
8. Be able to fabricate 5 commonly used static splints

### Tentative Course Schedule 6.5 hours

8:30-9:00 Registration

9:00-9:30 Lecture: Splinting objectives, mechanical principles of splinting, fabrication materials

9:30-10:00 Complications and how to avoid them; splint patterns

10:00-10:45 static wrist splint lab

10:45-12:00 hand-based and forearm-based thumb spica lab

12:00-1:00 Lunch

1:00-2:00 Resting hand splint/safe position splint lab

2:00-2:45 Trigger finger splint

2:45-3:30 Mallet splint

3:30-4:00 Review of splints, splint evaluation, splint instructions and integration with the treatment plan

4:00-4:30 Question and answer

## Biography:

Susan Mitchell, MS, OTR/L, CHT has been practicing occupational therapy for over 30 years and has been a certified hand therapist since 1993. Having obtained her BS in Occupational Therapy in 1987 from the University of New Hampshire, Susan then moved on to earn her Masters of Science in Health Care Administration in 1995 at California State University. She offered her therapy skills at the Hand Rehabilitation Clinic in Beverly Hills for a decade before joining the team at Baton Rouge Orthopedic Clinic in 2009 where she still currently works. She co-authored a research article in the Orthopedics journal, presented a preconference institute at ASHT, and has taught numerous instructional courses, including several splinting workshops.