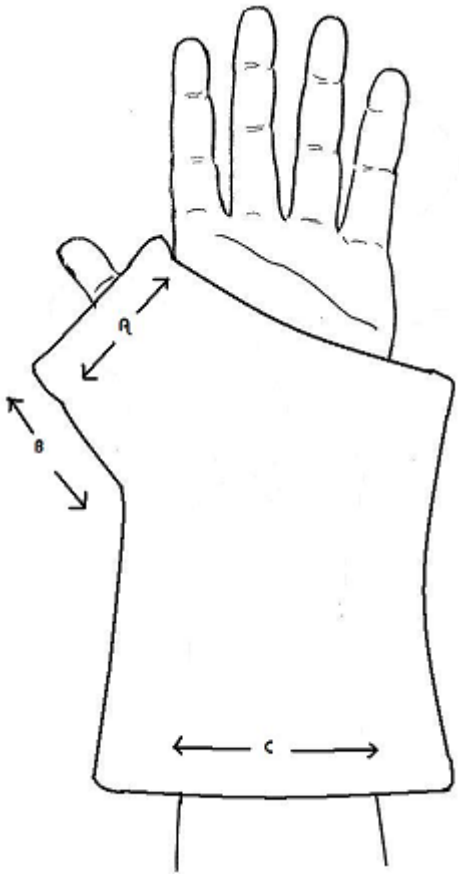
THUMB IMMOBILIZATION SPLINT



INDICATIONS:

Used to immobilize wrist and thumb. It is useful for DeQuervain's syndrome, CMC joint replacement, CMC arthritis and post-scaphoid fracture. Pattern may be "cut off" at the wrist for a hand based splint.

PRECAUTIONS:

Pressure over the superficial branch of radial nerve (1st dorsal compartment), pressure over bony prominences

FABRICATION:

1. Pattern: "A" is circumference of thumb plus an overlap, "B" is length of thumb piece depending upon which joints are immobilized, "C" is half the circumference of the forearm plus approximately ¼"
2. Transfer pattern to thermoplastic, heat and cut out pattern.
3. Pad the radial styloid and any other bony prominences that will be under the splint.

4. NOTE: the width of the proximal phalanx versus the width of the IP joint. If the proximal phalanx is much smaller, add padding circumferentially around proximal phalanx to accommodate difference in size.
5. Position hand with thumb in opposition to index finger and then have thumb relax, wrist in slight extension, forearm supinated
6. Position thermoplastic over volar surface of the hand and forearm, CENTERED, and mold
7. Form the thumb piece by softly contouring the ulnar aspect of the piece through the web space
8. Bring the radial portion of thumb dorsally and over the ulnar aspect in the thumb. This can be bonded permanently or a Velcro strap may be added.
9. Flare the overlapping thumb and palmar piece that sits in the web space, so that the index finger is not limited in flexion.
10. Make sure the thumb and wrist are in the correct position while the thermoplastic cools.