Casting and Splinting: The Basics
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Splint vs Cast
Safety – First Do No Harm
Strength
Comfort
Dynamic
You have to cut off a cast – Cast saws are loud and scary

Basics
Padding padding padding
Know your material – fiberglass gets hot and hard/ can be sharp
Splinting/Casting is an ART – apply basic principles and adjust to individual situations
Benefits of Immobilization

- Decrease Pain
- Helps with Swelling
- Decrease Bleeding
- Visual – covers up scary stuff
- Helps against messy – grocery bag analogy

From mild to severe injury

Not just for broken bones

- Used often to protect repairs
- Also used for soft tissue problems like diabetic wounds or burns
- Example: Total contact cast
Risks of Immobilization

- Skin burns
- Pressure sores
- Stiffness

Common Splints

- Wrist/Hand
- Ankle/foot

Hand/Forearm

- Volar
- Ulnar gutter
- Sugar tong
- Thumb spica
Supracondylar elbow fracture

Elbow

Posterior splint

Shoulder/Clavicle

Sling
Fingers

Buddy taping
Padded aluminum splint
In a child, growth plate fractures are common
Beware “jammed” or “sprained” fingers
Need x rays

Ankle/Foot

Boot
Posterior splint
Add a stirrup?
Is it overkill to put splint on leg for foot problem? - NO

Posterior short leg vs stirrup vs boot
Leg/Knee
Posterior splint
Add side slabs for strength

Long leg splint vs knee immobilizer

Hip Spica Cast
Thank you