

## 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

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## 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

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### Benefits of Immobilization

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

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### From mild to severe injury



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### 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

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### Risks of Immobilization

Skin burns  
Pressure sores  
Stiffness

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### Common Splints

Wrist/Hand  
Ankle/foot

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### Hand/Forearm

Volar  
Ulnar gutter  
Sugar tong  
Thumb spica

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### Buckle fracture



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### Volar Splint



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### Thumb Spica



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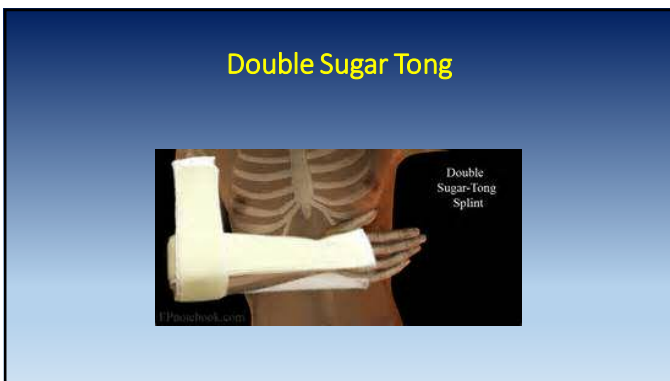
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### Supracondylar elbow fracture



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### Elbow

Posterior splint



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### Shoulder/Clavicle

Sling

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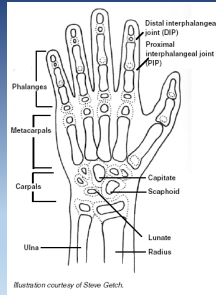
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## Fingers

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



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## Ankle/Foot

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

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## Posterior short leg vs stirrup vs boot



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### Leg/Knee

Posterior splint  
Add side slabs for strength



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### Long leg splint vs knee immobilizer



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### Hip Spica Cast



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Thank you

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