Immobilization & Mobilization Splinting

Course Date/Locations

Sat/Sun July 10-11, Patterson Medical/Sammons Preston, Marietta GA (Atlanta area)

Fri/Sat July 30-31, Patterson Medical/Sammons Preston, Southlake TX (Dallas area)

Course Description

The focus of this course will be the splint fabrication process. A dynamic format utilizing lecture, case studies, demonstration and hands-on lab activities will address the basic skills for immobilization and mobilization splinting.

Participants may attend one or both days. This interactive course is intended for the practicing PT, PTA, OT, COTA with beginner to intermediate splinting skills. Participants will gain insight to appropriate splinting products on the market as well as acquire 'Clinical Pearls' from the experienced instructor. Various splinting materials will be utilized including a wide range of thermoplastics and strapping. (Please note that due to time constraints, all splints may not be fabricated by each participant.) One day: 7.5 contact hours (.75 CEUs), 2 days: 15 contact hours (1.5 CEUs)

Course Schedule

Day 1: Immobilization Splinting

7:30 - 8:00 Registration

8:00 - 10:00 Lecture: Immobilization Splinting

10:00 – 12:30 Lab

- hand-based thumb immobilization splint (short opponens)
- hand-based digit immobilization splints
- wrist immobilization splint (wrist cock-up)

12:30 - 1:30 Lunch (on own)

1:30 – 4:30 Lab

- wrist/thumb immobilization splint (thumb spica)
- wrist/hand immobilization splint (resting hand)
- elbow immobilization splint

Day 2: Mobilization Splinting

7:30 - 8:00 Registration

8:00 - 10:00 Lecture: Mobilization Principles

10:00 – 12:00 Lab

- MP flexion mobilization splint

12:00 – 1:00 Lunch (on own)

1:00 – 4:30 Lab

- PIP extension/flexion mobilization splints
- MP extension mobilization splint
- wrist mobilization splint

Course Objectives

Upon completion of the "Immobilization Splinting" day, participants will be able to:

- identify proper splinting nomenclature as described by ASHT
- gain familiarity with a variety of splint and strapping materials
- appropriately select thermoplastic material based on understanding the characteristics and application
- appreciate the mechanics related to application of a splint to a body part
- understand the indications, precautions and contraindications for immobilization splinting
- develop skills necessary to successfully fabricate of a variety of immobilization splints
- assess proper fit and function of completed splints
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Upon completion of the "Mobilization Splinting" day, participants will be able to:

- recognize the proper and improper application of force to a body part
- understand and develop decision-making skills in choosing dynamic, serial static and static progressive approaches to mobilization splinting
- gain familiarity with a variety of components and materials to create a mobilization splint
- understand the indications, precautions and contraindications for mobilization splinting
- develop skills necessary to successfully fabricate a variety of mobilization splints
- assess proper fit and function of completed splints