

## **Splinting for Tendon Injuries**

### ***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 skills for splinting tendon injury. This interactive course is intended for the practicing PT, PTA, OT, or COTA with intermediate splinting skills. Participants will gain insight to appropriate splinting products on the market as well as acquire 'Clinical Pearls' from the experienced instructor. The splints listed for each day will be demonstrated and fabricated in the labs. (Please note that due to time constraints, all splints may not be fabricated by each participant.) Various splinting materials will be utilized including a wide range of thermoplastics and strapping. 15 contact hours (1.5 CEUs)

### ***Course Schedule***

#### **Friday**

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|---------------|---|
| 7:30 – 8:00   | Registration  |
| 8:00 – 10:00  | Lecture: Tendon Injuries  |
| 10:00 – 12:30 | Lab: Extensor Tendon Injury/Repair <ul style="list-style-type: none"><li>• digit immobilization splints</li></ul>   |
| 12:30 - 1:30  | Lunch (on own)  |
| 1:30 – 5:30   | Lab: Extensor Tendon Injury/Repair (cont) <ul style="list-style-type: none"><li>• wrist/MP immobilization splint</li><li>• MP extension mobilization splint</li></ul> |

#### **Saturday**

- |              |  |
|--------------|--|
| 8:00 – 9:00  | Lecture: Clinical Pearls   |
| 9:00 – 12:00 | Lab: Flexor Tendon Injury/Repair <ul style="list-style-type: none"><li>• hand stand (for positioning)</li><li>• dorsal wrist/hand immobilization splint</li><li>• dorsal wrist/thumb immobilization splint</li></ul> |

12:00 - 1:00 Lunch (on own)

1:00 – 3:30 Lab: Exercise Splints

- blocking splints
- digit casting

### ***Course Objectives***

Upon completion of this course, participants will be able to:

- 👤 gain awareness of the variety of splint materials and components available to effectively treat the patient with a tendon injury.
- 👤 select appropriate splint material and strapping for this population.
- 👤 understand the general indications, precautions and contraindications for splinting these injuries.
- 👤 recognize the zone of injury and identify the appropriate splinting intervention.
- 👤 appreciate the theoretical basis behind general approaches utilized to treat tendon injuries.
- 👤 acquire knowledge related to individualizing approach of splint fabrication to meet specific patient requirements.
- 👤 develop skills necessary to successfully fabricate a variety of splints using various materials.
- 👤 assess proper fit and function of splints completed.