

Splinting Supplies for *Managing Acute Care Hand Injuries* CE course

You can use your preference of any brand and any supplier of splinting material in 3/32" or 1/8" thickness.

The dimensions listed below are for an average size adult.

For Wrist Cock-up Orthosis:

- 7" x 12" piece of 3/32" (2.4mm) **or** 1/8" (3.2mm) thick thermoplastic (Recommended low-temperature thermoplastic splinting material: moderate to maximum resistance to stretch (ie: Ezeform, TailorSplint, Preferred, Spectrum, or similar)
- 12" long piece of 2"**** or** 3" Stockinette
- 18" length of 2" width loop for straps
- 10" length of 1" width self-adhesive (sticky back) hook

For Dorsal Blocking Orthosis:

- 16" x 8" piece of 3/32" (2.4mm) **or** 1/8" (3.2mm) thick thermoplastic (Recommended low-temperature thermoplastic splinting material: moderate to maximum resistance to stretch (ie: Ezeform, TailorSplint, Preferred, Spectrum, or similar)
- 16" long piece of 2" **** or** 3" Stockinette
- 24" length of 2" width loop for straps
- 14" length of 1" width self-adhesive (sticky back) hook

Resting Hand splint:

- 16" x 8" piece of 3/32" (2.4mm) **or** 1/8" (3.2mm) thick thermoplastic (Recommended low-temperature thermoplastic splinting material: moderate to maximum resistance to stretch (ie: Ezeform, TailorSplint, Preferred, Spectrum, or similar)
- 16" long piece of 2" **** or** 3" Stockinette
- 24" length of 2" width loop for straps
- 14" length of 1" width self-adhesive (sticky back) hook

**** 2" stockinette may be used on your model, depending on their size, for the assigned orthoses. You may need 3" for a patient who has edema and/or a larger arm.**

Layout to cut all 3 pieces of required splinting material from a single 18"x24" piece of thermoplastic:

