

SUBJECT: SPLINTING	REFERENCE #8127
DEPARTMENT: REHABILITATION SERVICES	PAGE: 1 OF: 3
	EFFECTIVE:
APPROVED BY:	REVISED:

**POLICY:**

Splinting is used to protect joints and surrounding soft tissue. This can be accomplished by maintaining joints at position of rest, preventing positions that contribute to contracture and/or deformity, protecting the system of arches within the hands and feet and increasing or maintaining range of motion (ROM) in the joint.

**INDICATIONS:**

- Activity of disease or condition which is affecting function of the extremity
- The dynamic musculoskeletal or neurological forces
- Positioning of the extremity required after surgery
- Patient must have decreased functional use of the extremity and decreased joint ROM
- Patient unable to maintain joints at position of rest and may have pain
- Positioning of the patient's extremity may contribute to contracture and/or deformity

**CONTRAINDICATIONS:**

- Long-term contractures
- Hypersensitive skin or severe pain
- Disoriented, confused or combative patient
- Refusal of patient to wear splint
- Excessive swelling

SUBJECT: SPLINTING	REFERENCE #8127
DEPARTMENT: REHABILITATION SERVICES	PAGE: 2
	OF: 3
APPROVED BY:	EFFECTIVE:
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**GENERAL GOALS:**

- To protect joints and surrounding soft tissue
- To increase extremity function
- To maintain ROM
- To improve hygiene of the affected area

**POLICY:**

- There must be a physician's order for splinting.
- When the physician's order is received in Rehabilitation Services, the Physical and/or Occupational Therapist will perform an evaluation before splinting.

**PROCEDURE:**

- Course of Treatment:
  - Evaluation for type of splint required:
    - Design and fabricate splint
    - Fit with prefabricated splint
  - Instruction in basic rules regarding maintaining functional position of the extremity:
    - Position of joints at rest
    - Protection of arches within hands and/or feet
    - Maintaining joint ROM

SUBJECT: SPLINTING	REFERENCE #8127
DEPARTMENT: REHABILITATION SERVICES	PAGE: 3 OF: 3
APPROVED BY:	EFFECTIVE: REVISED:

- Provision of education and instruction to patient, family and nursing staff:
  - Disability of the extremity
  - Splint guidelines for application, wear and care
- Splint check follow-up.