



CAPTA NEWS

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HAND SPLINTING

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There's a difference you can feel.

www.capitolphysicaltherapy.net

Splinting can be very helpful for providing protection for fractures, arthritic joints and severe tendonitis. *Capitol Physical Therapy* offers splinting services by our Certified Hand Therapist at our East Lansing office and our Delta office. Our splints are custom fabricated to the patient with low temperature thermoplastic that they will take home the day of the fabrication.

ARTHRITIS: Splinting for the arthritic hand can provide a position of rest for the inflamed joint or to help with positioning the extremity to prevent deformity. Splinting can also assist with functional activities for the arthritic hand.

FRACTURES: Wrist and hand fractures can benefit from splinting as the splint will provide support, protection and still allow for range of motion of the non-involved joints. Most distal radius fractures are now reduced in the operating room with a plate and screw fixation. This allows for the removal of the post-operative cast earlier to a splint for protection and initiation of earlier range of motion and edema management.

DISLOCATIONS: Finger dislocations at the PIP joint can happen when the finger is "jammed" by a ball, a door or a fall. The dislocation, if not treated properly can result in a stiff finger (either flexion contracture at the PIP joint or not able to flex the finger at the PIP joint). A dorsal blocking splint can protect the PIP joint from hyper-extending but still allows for full flexion. This splint is usually adjusted weekly to gradually increase the PIP extension.

