Upper Limb Orthoses (Splinting) Course

A practical course for children with neurological impairment.

Day 1 – Theory and application

Time	Topic
8:30 to 10:25	**Introduction** - Introductions. - Concepts and definitions for muscle overactivity. - What are rigid wrist/hand orthoses? - How do rigid wrist/hand orthoses work? Proposed mechanisms. - What is the evidence in children with cerebral palsy?
10:25 to 10:45	Morning tea
10:45 to 11:45	**Upper limb anatomy, positioning principles and clinical reasoning** - Applied upper limb anatomy focussing on the wrist, finger and thumb. - What muscles? What position? Why? - Complimentary interventions (serial casting, Botulinum toxin-A)
11:45 to 12:30	Lunch
12:30 to 1:55	**Clinical considerations, construction and tips** - Positioning principles. - Common errors and solutions. - What orthosis type. Why? - Procedure for manufacturing rigid wrist/hand orthoses, materials, strapping, and padding. - Supination straps. Why and how. - Education, aftercare and improving compliance and tolerance.
1:55 to 3:10	**Demonstration and practice – Orthoses for larger hands** - Demonstration constructing an orthosis for larger hand (Aquplast-T ball orthosis).
3:10 to 3:25	Afternoon tea
3:25 to 4:45	**Demonstration and practice – Orthoses for larger hands** - Demonstration constructing an orthosis for larger hand (Sansplint stretching orthosis).

Day 2 – Practical

Time	Topic
8:30 to 9:45	**Case Study 1** - Assessment, group discussion and treatment planning. - Demonstration constructing an orthosis for a younger child.
9:45 to 10:00	Morning tea
10:00 to 11:15	**Case Study 2** - Assessment, group discussion and treatment planning. - Demonstration constructing an orthosis for an older child.
11:15 to 12:30	**Case Study 3** - Assessment, group discussion and treatment planning. - Demonstration constructing an orthosis for a complex child.
12:30 to 1:00	**Course wrap up and conclusion**