



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 <ul style="list-style-type: none">- 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 <ul style="list-style-type: none">- 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 1:45	Clinical considerations, construction and tips <ul style="list-style-type: none">- 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.
1:45 to 2:30	Demonstration – Orthoses for larger hands <ul style="list-style-type: none">- Demonstration constructing an Aquaplast-T ball orthosis- Demonstration constructing a Sansplint stretching orthosis.
2:30 to 3:30	Practice session 1 – Orthoses for larger hands <ul style="list-style-type: none">- Practice constructing an Aquaplast-T ball orthosis (GROUP 1 to 3)- Practice constructing a Sansplint stretching orthosis (GROUP 4 & 5)
3:30 to 4:00	Afternoon tea
4:00 to 5:00	Case Study 1 <ul style="list-style-type: none">- Assessment, group discussion and treatment planning.- Demonstration constructing an orthosis for a younger child

Day 2 – Practical

Time	Topic
8:30 to 9:45	Practice session 2 – Orthoses for larger hands <ul style="list-style-type: none">- Practice constructing an Aquaplast-T ball orthosis (GROUP 4 & 5)- Practice constructing a Sansplint stretching orthosis (GROUP 1 to 3)
9:45 to 10:15	Morning tea
10:15 to 11:30	Case Study 2 <ul style="list-style-type: none">- Assessment, group discussion and treatment planning.- Demonstration constructing an orthosis for an older child.
11:30 to 12:45	Case Study 3 <ul style="list-style-type: none">- Assessment, group discussion and treatment planning.- Demonstration constructing an orthosis for a complex child.
12:45 to 1:00	Course wrap up and conclusion