



## 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	<b>Introduction</b> <ul style="list-style-type: none"><li>- Introductions.</li><li>- Concepts and definitions for muscle overactivity.</li><li>- What are rigid wrist/hand orthoses?</li><li>- How do rigid wrist/hand orthoses work? Proposed mechanisms.</li><li>- What is the evidence in children with cerebral palsy?</li></ul>
10:25 to 10:45	Morning tea
10:45 to 11:45	<b>Upper limb anatomy, positioning principles and clinical reasoning</b> <ul style="list-style-type: none"><li>- Applied upper limb anatomy focussing on the wrist, finger and thumb.</li><li>- What muscles? What position? Why?</li><li>- Complimentary interventions (serial casting, Botulinum toxin-A)</li></ul>
11:45 to 12:30	Lunch
12:30 to 1:45	<b>Clinical considerations, construction and tips</b> <ul style="list-style-type: none"><li>- Positioning principles.</li><li>- Common errors and solutions.</li><li>- What orthosis type. Why?</li><li>- Procedure for manufacturing rigid wrist/hand orthoses, materials, strapping, and padding.</li><li>- Supination straps. Why and how.</li><li>- Education, aftercare and improving compliance and tolerance.</li></ul>
1:45 to 2:30	<b>Demonstration – Orthoses for larger hands</b> <ul style="list-style-type: none"><li>- Demonstration constructing an Aquaplast-T ball orthosis</li><li>- Demonstration constructing a Sansplint stretching orthosis.</li></ul>
2:30 to 3:30	<b>Practice session 1 – Orthoses for larger hands</b> <ul style="list-style-type: none"><li>- Practice constructing an Aquaplast-T ball orthosis (<b>GROUP 1 to 3</b>)</li><li>- Practice constructing a Sansplint stretching orthosis (<b>GROUP 4 &amp; 5</b>)</li></ul>
3:30 to 4:00	Afternoon tea
4:00 to 5:00	<b>Case Study 1</b> <ul style="list-style-type: none"><li>- Assessment, group discussion and treatment planning.</li><li>- Demonstration constructing an orthosis for a younger child</li></ul>

### Day 2 – Practical

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