

# "Get your Splint On!"

*B-Independent Therapy* 

## *An introduction to childrens hand splinting*

*10th & 11th October 2022*

An introduction to hand splinting for therapists who want to develop their practical skills and clinical reasoning for common childhood upper limb conditions.

This intimate course will provide opportunities to problem-solve and develop clinical reasoning & assessment skills.

Led by Rebecca Johnson, an Occupational Therapist with 15 years of childrens occupational therapy experience across the community and acute upper limb services & clinical interest in paediatric neurology.

A course for therapists who have no experience of hand splinting.

*Location: B-Independent Therapy, Hill House,  
Warwickshire, CV33 9EG*

***£650 including lunch, refreshments, splinting & casting materials.***

***Book at: [www.b-independent.org/book-online](http://www.b-independent.org/book-online)***

## *Day 1*

10.00 (arrival from 9.45) -17.30

Introduction to upper limb anatomy.

Introduction to common children's splinting conditions (cerebral palsy, hypermobility, congenital conditions such as thumb in palm, arthrogyrosis, spinal injuries).

Overview of splinting guidelines and the literature.

Types of splints available.

Introduction to completing an upper limb assessment.

Discussion about selecting assessments for body structures and function, activity, and participation.

Discussion about spasticity measurement tools and considerations around dystonia.

LUNCH

Practical 1:

Goniometry and using dynamometers.

Thermoplastic hand splints.

When and why to use thermoplastic as a splinting material.

Selecting thermoplastic materials.

Practical 2:

Making a splint to position a child in position safe immobilisation.

Practical 3:

Measuring for off-the-shelf hand splints.

Precautions and considerations when splinting.

## *Day 2*

9.00-17.30

Practical 4:

Making a resting splint for a child with a cerebral neurological condition.

Practical 5:

Making a rigid thumb splint for a child and pattern options.

Off the shelf thumb splints.

Discussions about fabricating neoprene splinting patterns

LUNCH

Practical 6:

Serial casting and making a removable cast for CIMT

Precautions and considerations of casting.

Discussions about casting as serial splinting and removable splint option.

Practical 7:

Making an elbow splint

Discussion about alternative elbow splint options and designs.

Discussions about evaluating the effectiveness of your interventions and the role of splinting passports.

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PLEASE NOTE THAT THIS COURSE WILL NOT BE COVERING MANAGING THE PEDIATRIC FRACTURES OR PEDIATRIC TENDON REPAIRS OR CAMPTODACTYLY. WE ARE NOT ABLE TO RESERVE OR HOLD PLACES WHILST AWAITING NHS TRUST PAYMENTS & RECOMMEND THERAPISTS PAY AND RECOUP THEIR COSTS FROM THEIR TRUSTS. WE ARE NOT ABLE TO REFUND PLACES WHICH ARE CANCELLED IN UNDER 48 HOURS BEFORE THE COURSE STARTS.

## *Accommodation & Transport.*

Full 'how to find us' details will be provided following booking.

Public transport is limited, with the nearest bus stop a 25-minute walk. The nearest train station is Royal Leamington Spa, a 15-minute taxi ride away.

Accommodation is not provided.

Accommodation options:

Multiple airbnb options in the surrounding villages

Hilltop Farm Hideaways - Cabins

White Hall Farm B&B

Multiple chain hotels and B&B's in and around Leamington Spa Centre

## *Dietary & Access Needs.*

Please inform us via email and on your booking form of any access or dietary needs.