

## Quick Cheat Sheet

### Prepare your items:

- Stockinette sleeve
- Padding (on top of stockinette)
  - Becomes part of the splint
  - Ulnar head
  - Olecranon
- Relief (under stockinette)
  - Is not part of the splint
  - Stockinette band at metacarpal heads for wrist splint
  - Piece of putty in a plastic bag over ulnar head
- Zip stick
- Inexpensive bandage scissors
- Expensive Black and Gold scissors
- Gloves
- Water
- Protect patient's clothing

### Plan your strategy. Mentally review.

**Do not open the package of cast tape until you are completely ready to wrap.**

No need to squeeze cast tape after immersing in water.

Slight stretch as you apply cast tape. Overlap about 2/3.

1/16" thermoplastic piece, dry-heated and pressed into areas that need a patch or reinforcement.

Debulk areas that you will need to cut (eg, antecubital fossa, radial styloid).

Layers of material. 1 is flimsy, 2 is firm, 3 is very rigid, 4 is extremely rigid and very difficult to cut with scissors. Finished edge of splints should have at least 2 layers.

DO NOT use black and gold scissors on wet cast material or sticky back velcro hook. Use inexpensive bandage scissors.

Be generous with the length of your strips of sticky back hook Velcro (often 4-5 inches). Heat before applying. Apply with pressure.

One end of the sticky back hook Velcro piece should be under the fleece edge.

If strap is side-to-side (not circumferential), you must secure the pull-off edge. Use a small piece of 1/16" thermoplastic or melt (deactivate) the hooks of the Velcro on the pull-off edge. Circumferential strapping is preferred.

Fleece edging:

- Think: center of the adhesive side goes on the raw, cut edge of the splint. Then fold edges to the inside and outside.
- Apply fleece from left to right if right-handed. Right thumb continuously peels the paper backing off as you move along.
- Working area is very short. Peel open only very short segments of the fleece edger at a time. Coordinate left and right hand actions. Right is peeling, left is securing.
- Cut the fleece edger while it is still attached to the paper backing.
- In plane concavity-larger radius of curvature (eg, thenar semi-circle of wrist splint)
  - Loose placement. No tension.
- In plane concavity-very small radius of curvature or corner (eg, elbow crease of posterior elbow shell)
  - Consider starting and stopping edging at the point of the corner
- In plane convexity/corner (eg, proximal edge of wrist splint or thumb spica where bivalve cut meets finished proximal edge)
  - Stretch around corner (about 1" on either side of corner)
- Out of plane convexity-small radius of curvature (splint is bowing out toward you. eg, wrist splint as it wraps around small finger metacarpal)
  - Apply fleece edger to outside of splint (half the width) around the entire curve. Then fold entire portion to the inside.
- Out of plane convexity-larger radius of curvature (eg, proximal edge of wrist splint)
  - Regular application method works well
- In tight situations consider starting and stopping tape to finish the edge or trimming the width of the fleece edger.
- Snip triangular buckles that sometimes occur around 90° corners/curves. Small cast scissors can be helpful

Static versus elastic strapping: Static tends to wear better.

Trick for cleaning black and gold scissors:

Put scissors warm splint pan for a minute or so. Remove and immediately place in container of ice for a minute or so. Remove and use a towel and thumb nail to easily clean off hardened cast resin from scissors, paying close attention to scissor blade edges.