

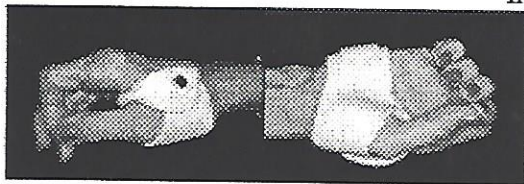
## THUMB CMC IMMOBILIZATION SPLINT: Small thumb OA Splint

Designed by:

Judy C. Colditz, OTR/L, CHT, FAOTA

Instructions by:

Judy C. Colditz, OTR/L, CHT, FAOTA

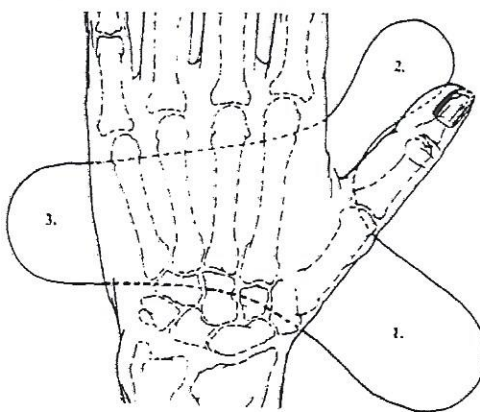


### Indications

To immobilize the thumb CMC joint for patients with isolated CMC arthritis who have no associated scaphotrapezial arthritis.

### Concept

Use a precisely molded splint to prevent CMC motion during pinching splint.



### Pattern

Note: Precut, sized blanks available from North Coast Medical, Inc.

**Preferred Materials:** 1/8 inch non-perforated material with minimal memory

### Construction Sequence

NOTE: This splint must be precisely fitted during molding to successfully stabilize the thumb CMC joint.

1. Stabilize the patient's elbow on a work surface and have them gently touch the thumb to the index finger. THE PATIENT MUST NOT PINCH. The fingers should be in relaxed flexion with the wrist in extension.
2. Before molding the splint on the hand, roll the neck of the smallest flange to make a complete circle. Place this rolled area gently through the thumb web.
3. As the splinting material becomes firm, apply firm pressure directly over the thenar muscles and mold accurately over the dorso-radial aspect. NOTE: Do not push the first metacarpal into extension
4. Assure the distal edge of the splint is low enough to allow full MP flexion but not so short that it does not adequately stabilize the thumb metacarpal.
5. Trim the ulnar border so it ends just after it has gone around the fifth metacarpal.
6. Assure the radial edge of the splint does not press on the second metacarpal and the proximal end does not impede full wrist motion.
7. Apply the loop strap through both layers on the radial aspect with a rapid rivet.
8. If the patient does not report a reduction of pain with pinch with the splint, remold the splint for better fit.
9. Instruct the patient to apply the splint by firmly pushing it down so there is full contact with the thenar area.

THIS MATERIAL IS COPYRIGHTED AND MAY NOT BE REPRODUCED WITHOUT PERMISSION.

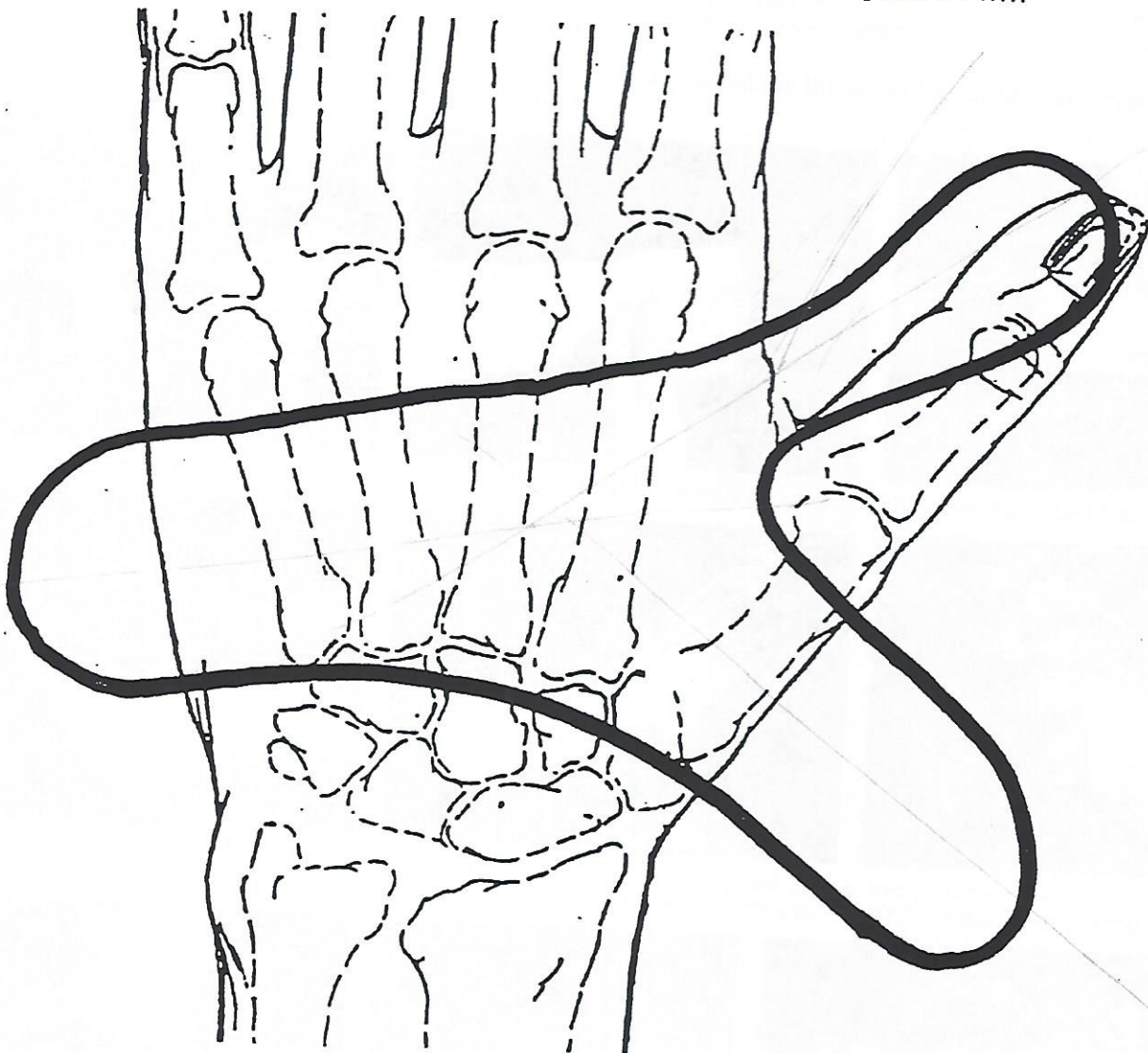
Copyright 2001; HandLab, a division of RHRC, Inc.

## *Pattern for CMC Immobilization Splint*

Judy C. Colditz, OTR/L, CHT, FAOTA

The critical shape of the pattern is the "Y" shape which allows it to conform to the first metacarpal. Assure the three "prongs" of the pattern are long enough so the radial ones overlap each other. If they are too long the splint is difficult to apply and remove.

Remember: Have the patient *GENTLY* hold an "O" shape with the index and thumb but *NOT PINCH* when molding the splint. Apply pressure to the distal aspect of the first metacarpal, supporting it into a position of extension. If after molding this splint the pain with pinch at the CMC joint is not eliminated, *REMOLD* the splint!!!!!!!!!!!!



copyright 1996, Judy C. Colditz, OTR/L, CHT, FAOTA