

1919

New and Easy Splint Design Post Tenolysis

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Poster Presentation

Introduction:

This poster presentation is primarily to providing treatment intervention for the field of Occupational Therapy (2.8) in the area of hand therapy. Particularly, in the treatment of tendon injuries, early active motion is critical. However, at time with fractures and other injuries tendon adherence occurs and a tenolysis is preformed by the surgeon to restore tendon function. This poster deals with post tenolysis treatment with an original splint design.

Objectives:

- 1. Demonstrate a new and easy to make splint that allows for MP flexion post surgical that any one can easily make.
- 2. Demonstrate pictorially the results of use of this splint and an AROM and stretching protocol.
- 3. Provide other therapists with patterns to construct this splint.

Description:

This is a single case study of a patient who fractured the metacarpal of the small finger and did poorly in therapy. This was followed by tenolysis six months post and then splinting and therapy. The physician initially requested a dorsal blocking splint, but I requested that we try something new. The case continued with the patient developing infection and contracting MSRA virus and having 3 surgeries due to tendon adhesions and joint sepsis.

Results/Discussion:

The results of this intervention and splint process showed full return of ROM and hand function.

Conclusion:

This particular treatment using a new splint approach and therapy protocol as outlined shows good results.

Evidence-Based Practice

The poster will include a survey of other treatment techniques . I will have at least a total of 5 patients who have used this technique before conference time to contribute to this body of knowledge. Range of motion and strength tests will be completed both pre-and post therapy.

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