

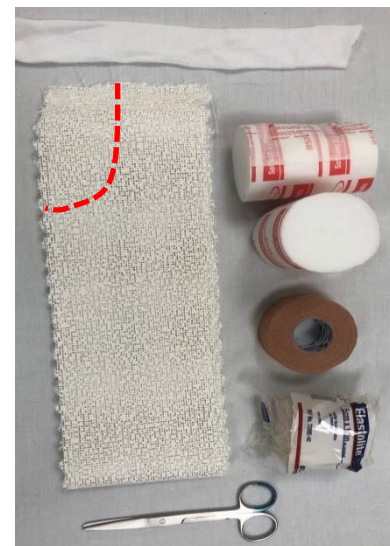
# Thumb Spica Splint

## Quick Cast Card

Indication	Injuries of the thumb requiring splinting where definitive casting will be managed by Hand Works
Upper Limit	3-4 fingers distal to ACF
Lower Limit	Thumb tip visible, DPJ immobilised. Distal palmar crease visible
Position	Slight ulnar deviation or wrist in neutral. Thumb in relaxed extension

### Gather Materials:

- Soffban
- Plaster slab
- Crepe bandage
- Plaster sheers or scissors
- Lukewarm water bucket
- Brown tape
- Thumb stockinette



### Preparing the slab:

- Measure the slab from the tip of the thumb to 3-4 fingers distally to the ACF along the lateral boarder of the arm.
- Cut a single thickness slab. In smaller children 4-6 layers may suffice. Older children require 6-10.
- Cut out a small flap on one side of the slab (depicted above) to create the thumb piece. The remaining plaster extension should be able to wrap the thumb circumferentially.

### Positioning:

- Have the child sit on an arm-restless chair next to the bed. Raise the bed height so that the child can rest their affected arm on the bed with their shoulder neutral. Position the patient's hand in comfortable ulnar deviation with thumb in comfortable extension.

### Padding:

- Cut a length of the thumb stockinette that fits approximately from the proximal wrist crease to about 2 fingers above the thumb tip.
- Cut a slit in the stockinette approximately 1/3rd the length of the stockinette, and fit as pictured.
- Wrap soffban padding distally to proximally ensuring an even 2 layers throughout the cast.
- Inspect the padding layer and fill any gaps before applying the cast.



### Applying the cast:

- Gather the slab and concertina it. Hold the edges and submerge the slab in bucket of water for 5 seconds.
- Remove the slab from the bucket, extend it to its full length and remove any creases
- Apply the slab to the limb. Place cut out side of the slab over the thumb, ensuring the thumb tip remains visible, and continue to trace the slab along the lateral aspect of the forearm.
- As the slab sets, ensure the it is well fitted by holding the slab over the thumb firmly with a closed fist until the cast is partially set.
- Overwrap with crepe bandage and secure with brown tape.

### Discharge:

- Have your cast checked by a credentialed nurse.
- Discharge with cast care advice and on appropriate cast related pressure injury prevention bundle