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Smart Design: The Art of Splinting
Splint Fabrication Manual

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Hand Therapy Center
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HOSPITAL
FOR
**SPECIAL
SURGERY**



Smart Design

The Art of Splinting

Splint Fabrication Manual

**Hospital for Special Surgery
Rehabilitation Department
Hand Therapy Center**



Smart Design: The Art of Splinting

Smart Design: The Art of Splinting was created by the Hand Therapy Center staff at Hospital for Special Surgery (HSS) in New York City. This manual is a compilation of education modules from our 12-week splinting workshop series of the same name.

The **Smart Design** manual is divided into four sections:

- Finger Splints
- Hand Based Splints
- Forearm Based Splints
- Elbow Splints



This manual will provide you with step-by-step instructions for fabrication of over 20 splints. Splint patterns for each splint, as well as a list of materials, diagnoses and helpful hints, are included for every set of instructions.

The HSS Hand Therapy Center staff believes that splinting is an art and that practice makes perfect. **Smart Design: The Art of Splinting** can help you get started or fine tune your splinting.

Content

Finger Splints

- Cylinder Anti-Boutonnière Splint
- Figure 8 Anti-Swan Neck Splint
- Finger Gutter Extension Splint
- Mallet Finger Splint
- PIP Joint Dorsal Blocking Splint

Hand Based Splints

- Metacarpal Phalangeal Blocking Splint
- Night Extension/Dupuytren's Splint
- Radial Gutter Splint (IP joints free and included)
- Thumb Spica/Short Opponens Splint
- Ulnar Gutter Splint (IP joints free and included)

Forearm Based Splints

- Delta Cast Wrist Splint
- Forearm Ulnar Gutter Splint
- Metacarpal Phalangeal Blocking Splint
- Resting Hand Splint
- Static Dorsal Blocking Splint
- Thumb Spica Splint
- Wrist Splint (with and without Clamshell Piece)

Elbow Splints

- Anterior Elbow Extension Splint
- Forearm Immobilization Splint (Sugar Tong)
- Posterior Elbow Splint
- Static Progressive Elbow Extension Splint
- Static Progressive Elbow Flexion Splint

