

Handbook Of Casting And Splinting

Handbook Of Casting And Splinting Handbook of Casting and Splinting A Comprehensive Guide for Practitioners Meta This comprehensive handbook delves into the art and science of casting and splinting providing actionable advice expert opinions realworld examples and crucial statistics for healthcare professionals casting splinting fracture management orthopedic casting orthotics splinting techniques cast application cast removal plaster cast fiberglass cast complications rehabilitation patient education The management of fractures and soft tissue injuries relies heavily on the effective application of casts and splints This handbook provides a detailed overview of the principles techniques and considerations involved in this crucial aspect of orthopedic care While this guide aims to be comprehensive it is not a substitute for proper training and supervised clinical practice I Understanding the Fundamentals Casting and splinting are crucial immobilization techniques used to stabilize injured limbs promote healing and minimize pain and further injury The choice between a cast and a splint depends on several factors including the type and severity of the injury the patients condition and the location of the injury A Casts Offer rigid immobilization providing superior support and stability compared to splints They are typically made from plaster of Paris POP or fiberglass POP casts offer excellent moldability but are heavier and take longer to dry Fiberglass casts are lighter stronger and dry faster offering increased patient comfort and mobility According to a study published in the Journal of Orthopaedic Trauma 2018 fiberglass casts showed a significantly lower incidence of castrelated complications compared to POP casts B Splints Provide less rigid immobilization allowing for some movement and swelling accommodation They are generally used for less severe injuries postoperative support or when swelling is anticipated Different types of splints exist including posterior splints volar splints and inflatable splints each suited for specific injuries and anatomical locations II Techniques of Application 2 Proper casting and splinting techniques are critical to achieving optimal results Improper application can lead to complications such as skin breakdown nerve compression compartment syndrome and delayed healing A Preapplication Assessment A thorough assessment of the injury including the type and severity of the fracture the presence of associated injuries eg nerve damage vascular compromise and the patients overall health status is crucial before any immobilization procedure B Preparation The skin should be clean and dry Padding is essential to prevent pressure sores and improve patient comfort Webril padding is commonly used offering conformability and cushioning C Application of Casts and Splints This requires meticulous attention to detail ensuring proper alignment and immobilization The cast or splint should be snug but not constricting The practitioner must

be aware of potential pressure points and ensure adequate circulation D PostApplication Assessment Following application the patients neurovascular status pulses capillary refill sensation movement must be assessed meticulously Any signs of compromise require immediate attention A study in the American Journal of Emergency Medicine 2017 highlighted the importance of postapplication neurovascular checks in preventing serious complications III Types of Injuries and Corresponding Immobilization The choice of cast or splint varies depending on the specific injury Fractures Stable fractures may be treated with a splint while unstable fractures usually require a cast for complete immobilization Sprains and Strains Splints are often sufficient for stabilizing sprains and strains allowing for controlled movement and gradual healing Postoperative Immobilization Casts or splints might be used postoperatively to support the healing process and prevent complications Soft Tissue Injuries Splints are typically used for soft tissue injuries to provide support and reduce pain IV Complications and Management Several complications can arise from casting and splinting Compartment Syndrome A serious condition requiring immediate medical attention characterized by increased pressure within a muscle compartment Early recognition and 3 fasciotomy surgical decompression are crucial Skin Breakdown Proper padding and regular monitoring are essential to prevent pressure sores Neurovascular Compromise Regular assessment of pulses capillary refill sensation and movement is critical Cast Allergy Allergic reactions to plaster or fiberglass are rare but can occur Malunion or Nonunion Improper immobilization can lead to malunion incorrect bone alignment or nonunion failure of the fracture to heal V Patient Education and Rehabilitation Patient education is crucial for successful outcome Patients should be instructed on proper cast care signs and symptoms of complications and the importance of followup appointments Rehabilitation including rangeofmotion exercises and physical therapy is important postcast removal VI The effective application of casts and splints is a cornerstone of orthopedic care Careful assessment meticulous application techniques and diligent postapplication monitoring are crucial for optimal patient outcomes Understanding the different types of casts and splints their indications and potential complications is essential for healthcare professionals involved in fracture management Always adhere to established protocols and seek guidance from experienced practitioners when necessary VII Frequently Asked Questions FAQs 1 How long does a cast typically need to stay on The duration varies depending on the injury the patients healing progress and the type of cast A physician will determine the optimal duration through regular clinical assessments and imaging 2 What should I do if my cast gets wet While some fiberglass casts are waterproof most casts should be kept dry to prevent weakening and skin irritation If a cast gets wet gently pat it dry and allow it to air dry completely Avoid using a hairdryer or other heat sources 3 What are the signs of compartment syndrome Signs include intense pain swelling numbness tingling and decreased or absent pulses in the affected limb This is a medical emergency 4 How is a cast removed Casts are typically removed using an oscillating saw which vibrates to cut through the cast material without harming the skin The procedure is usually 4 quick and painless 5 Can I exercise with a cast The type and intensity of exercise depend on the injury and the physicians recommendations Gentle rangeofmotion exercises of the unaffected joints are generally encouraged to maintain

mobility and prevent stiffness This handbook provides a foundational understanding of casting and splinting Continuous professional development and adherence to best practices are paramount in ensuring the safety and wellbeing of patients Remember to always consult relevant medical literature and seek guidance from experienced professionals to stay abreast of the latest advancements in this field

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casts splints and support bandages nonoperative treatment and perioperative protection provides an extensive overview of the history principles methods and techniques for applying a modern plaster or synthetic cast the book comprises three sections the principles of casting section outlines the basic principles of casting and splinting the physical properties of cast materials and socioeconomic considerations the guidelines section explores nonoperative

treatment for fractures ligament nerve and soft tissue injuries overload injuries and infections in the upper and lower extremities and the spine finally the techniques section provides step by step descriptions on 55 individual cast splint orthosis and bandaging techniques presented in high quality online video and as stills with explanatory captions hear the authors discuss casts splints and support bandages aotrauma is proud to bring you this incredibly important and comprehensive text which will be of interest to a wide range of medical professionals including trauma and orthopedic surgeons specialist cast technicians rural doctors residents in training and orp it is the ideal resource for any busy hospital or orthopedic trauma practice

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small animal bandaging casting and splinting techniques is a well illustrated how to manual covering common bandaging methods used to support and manage both soft tissue and orthopedic conditions in small animal patients this highly practical book offers step by step procedures with accompanying photographs to aid in the secure and effective application of bandages casts and splints with coverage encompassing indications aftercare advantages and potential complications for each technique small animal bandaging casting and splinting techniques is an indispensable guide for busy veterinary technicians and nurses as well as veterinarians and veterinary students

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primary care practitioners are often the first medical professionals to see patients after an injury making it critical for them to stay up to date on the latest developments in sports medicine musculoskeletal and sports medicine for the primary care practitioner contains the most current information on major topics in sports science and clinical medicine it is a valuable resource for primary care physicians and allied health professionals who practice teach and hold specialty certifications in sports medicine and related fields the book discusses key concepts related to the diagnosis treatment and prevention of sports injuries this edition adds new sections on pro inflammatory treatments field side acupuncture and brief musculoskeletal ultrasound as well as a new chapter on wellness and video illustrations of important musculoskeletal maneuvers at crcpress com 9781482220117 the book follows the strength of recommendation taxonomy sort which addresses the quality quantity and consistency of evidence it recommends levels of patient oriented evidence to assist physicians in their diagnoses also included is a link to videos that demonstrate important musculoskeletal maneuvers used in sports medicine as exercise and sports move beyond the realm of leisurely activity to a necessary component of good health this book has become an important resource for all those involved in sports medicine

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the techniques section provides step by step descriptions on 55 individual cast splint orthosis and bandaging techniques presented in high quality online video and as stills with explanatory captions hear the authors discuss casts splints and support bandages aotrauma is proud to bring you this incredibly important and comprehensive text which will be of interest to a wide range of medical professionals including trauma and orthopedic surgeons specialist cast technicians rural doctors residents in training and orp it is the ideal resource for any busy hospital or orthopedic trauma practice

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this is a step by step written and visual guide for the proper application and removal of the most commonly used orthopaedic casts and splints fundamental principles of plaster and fiberglass casts and splints and the associated complications of immobilisation techniques are also presented the book is written and edited by recognised experts of the national association of orthopaedic technologists and contributing orthopaedic surgeons as an introduction to current philosophies and procedures of orthopaedic immobilisation

now in vibrant full color manual of splinting and casting 2nd edition provides highly visual step by step instructions on the most common need to know techniques for initial orthopaedic injury management this practical point of care reference uses a highly templated format with hundreds of illustrations and photographs so you can quickly grasp exactly how to perform each technique it s an ideal resource for orthopaedic and sports medicine residents nurses medical students emergency physicians and orthopaedic technologists anyone who needs a concise easy to follow guide to splinting and casting at the point of care presents each technique in a highly templated format using bulleted steps and illustrations that show each crucial step features how to clinical photographs and decision making and treatment algorithms throughout contains fully updated content and new techniques in sections covering orthopaedic analgesia reduction maneuvers splints and casts and traction maneuvers an ebook version is included with purchase the ebook allows you to access all of the text figures and references with the ability to search customize your content make notes and highlights and have content read aloud

new coverage of the occupational therapy practice framework otpf 3 increases your understanding of the otpf 3 and its relationship to the practice of occupational therapy with adults who have physical disabilities new all new section on the therapeutic use of self which the otpf lists as the single most important line of intervention occupational therapists can provide new chapter on hospice and palliative care presents the evidence base for hospice and palliative care occupational therapy describes the role of the occupational therapist with this population within the parameters of the third edition of the occupational therapy practice framework otpf 3 and recommends clinician self care strategies to support ongoing quality care updated completely revised spinal cord injury chapter addresses restoration of available musculature self care independent living skills short and long term equipment needs environmental accessibility and educational work and leisure activities it looks at how the occupational therapist offers emotional support and intervention during every phase of the rehabilitation program updated completely revised chapter on low back pain discusses topics that are critical for the occupational therapist including anatomy client evaluation interventions areas client centered occupational therapy analysis and intervention strategies for frequently impacted occupations updated revised special needs of the older adult chapter now utilizes a top down approach starting with wellness and productive aging then moving to occupation and participation in meaningful activity and finally highlighting body functions and structures which have the potential to physiologically decline as a person ages new and expanded additional section in the orthotics chapter looks at the increasing array of orthotic devices available in today s marketplace such as robot assisted therapy to support the weak upper extremity updated revised chapters on joint range of motion and evaluation of muscle strength include new full color photos to better illustrate how to perform these key procedures expanded new information in the burns and burn rehabilitation chapter including expanded discussions on keloid scars silver infused dressings biosynthetic products the reconstructive phase of rehabilitation and patient education updated and expanded significantly updated chapter on amputations and prosthetics includes the addition of a new threaded case study on daniel a 19 year old combat engineer in the united states army who suffered the traumatic amputation of his non dominant left upper extremity below the elbow

the definitive a to z overview of evidence based rehab programs using therapeutic exercise in this exceptional evidence and guide based clinically oriented resource you ll learn everything you need to know about the design implementation and supervision of therapeutic exercise programs for orthopedic injuries and disorders the book s logical five part organization begins with an instructive look at the foundations of the rehabilitation process then covers the treatment of physiologic impairments during rehabilitation rehabilitation tools intervention strategies and special considerations for specific patient populations features helpful review of the foundations of the rehabilitation process thorough coverage of managing the healing process through rehabilitation and an algorithm based approach to musculoskeletal rehabilitation complete survey of rehabilitation tools from isokinetics aquatic therapy and orthotics to a four step clinical model for the essentials of functional exercise full chapters on functional progressions and functional testing

and unique coverage of core stabilization training impaired function and impaired muscular control unique coverage of a functional movement screen a practical system for history taking and scanning unique coverage of how to treat special segments of the population including geriatric and pediatric patients amputees and the active female an easy to follow body region approach to intervention strategies handy appendices covering the american college of sports medicine position statements on strength training and fitness development an abundance of study enhancing illustrations plus clinical pearls and protocols designed to speed clinical decision making

this book is a just in time resource for medical students physician assistant students and nurse practitioner students who are in the early stages of their clinical training and just beginning to see patients in the ambulatory setting the book addresses common medical problems in adults and children e g sore throat back pain headache otitis media hypertension diabetes and it also provides concise material on common office diagnostic procedures each chapter opens with a brief synopsis and then provides basic information on differential diagnosis appropriate physical exam lab tests to consider and treatment options reader friendly format with generous use of callouts each callout category definitions red flags brain referrals treatment is accompanied by an identifying icon to assist in quick retrieval of information while interacting or preparing to interact with a patient bulleted lists mnemonics illustrations and tables enhance readability practical and useful reference for family medicine general internal medicine or general pediatric practices

the 4th year of medical school represents an important transition with new goals and expectations matching into orthopedic surgery residency is increasingly competitive performing well on orthopedic surgery rotations during the 4th year of medical school is critical for match success the goal of this guide book is to help students ace their orthopedic rotations orthopedic surgery rotation focuses on practical tips for success from optimal study resources key technical skills and strategies for being a standout orthopedic team player each chapter is written by current orthopedic residents who not only know from personal experience on how to excel but also are actively involved in evaluating the performance of 4th year medical students divthis book will serve as tool to propel students to the next level and help them start their journey as orthopedists on the right foot

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