



ADVANCED ORTHOTIC DESIGNS INC.

SPECIALIZED ASSISTIVE DEVICES

INSTRUCTIONS FOR SPLINTS

Wearing Tolerance

1. Splints may be worn ½ hour to start.
2. At the end of this time, remove splints and check for redness.
3. If there:
 - is no redness
 - or the redness disappears within ½ hour,- then increase next wearing time by 15 minutes.
4. If redness remains after ½ hour, leave splints off until it disappears.
5. When redness disappears, start again with a ½ hour wearing time.
6. If redness persists overnight, do not put splint on. Notify the Orthotics Department immediately.

Care of Splints

1. Splints should be kept clean by washing them with soap and cold water and drying them thoroughly. Splints should not be placed on a window-sill or radiator to dry.
2. Socks should be worn underneath splints. They should be:
 - well fitting and not wrinkled
 - preferably without a pattern
 - worn inside out so as not to mark skin with seams
 - preferably cotton as it has a greater absorbency factor

Leotards or tubigrip stockings are advised under long leg braces and standing braces.

3. Feet should be kept dry at all times. Powder or cornstarch may be applied sparingly before wearing splint.
4. Polypropylene splints tend to retain heat and cold if exposed to extreme temperatures. It is then recommended, when outside in the winter, to wear an extra sock over the splint. When inside, remove the splint to allow it to reach room temperature before re-applying.