

Dear all,

In the hand clinic, we have noticed many patients being provided with excessive splints for their distal forearm, hand, and wrist fractures. This has led to patients developing tightness and restricted range of motions in joints that were improperly immobilized, which can prolong therapy and limit outcomes. Further, large splints such as sugar tong splints are more cumbersome and time consuming to apply and utilizing smaller splints where appropriate would allow for better efficiency in the urgent care and emergency room.

Given this, we would like to go over our recommended splinting for common fracture patterns that are seen at Olive View-UCLA by the hand service.

In general, elbow slings are not indicated for hand and wrist fracture patients unless they have a sugar tong splint.

If you have any questions on a specific situation, please do not hesitate to call our service.

Thank you for your continued dedication to improving the care of our patients at Olive View-UCLA.

Sincerely

Olive View-UCLA Hand Surgery

#### **MIDSHAFT RADIUS FRACTURE**

- Sugar tong splint

#### **DISTAL RADIUS FRACTURE WITH OR WITHOUT ULNAR STYLOID FRACTURE, REDUCTION PERFORMED**

- Sugar tong splint

#### **DISTAL RADIUS FRACTURE WITH OR WITHOUT ULNAR STYLOID FRACTURE, FAILED REDUCTION OR REDUCTION NOT ATTEMPTED**

- Volar short arm splint unless severe pain with pronation/supination, then sugar tong splint

#### **ULNAR SHAFT FRACTURE**

- Sugar tong splint

#### **DRUJ DISLOCATION**

- Sugar tong splint

#### **PERILUNATE DISLOCATION**

- Sugar tong splint

#### **CARPAL FRACTURE (NON-SCAPHOID)**

- Volar short arm splint

#### **SCAPHOID FRACTURE**

- Short arm thumb spica splint

#### **METACARPAL FRACTURE (1)**

- short arm thumb spica splint

#### **METACARPAL FRACTURE (2-3)**

- Short arm radial gutter splint

#### **METACARPAL FRACTURE (4-5)**

- Short arm ulnar gutter splint

#### **PHALANGEAL FRACTURE (THUMB, P1)**

- Short arm thumb spica splint

#### **PHALANGEAL FRACTURE (THUMB, P2)**

- Finger splint blocking the IP joint ONLY

#### **PHALANGEAL FRACTURE (ALL OTHER FINGERS, P1)**

- Finger splint blocking MCPJ, PIPJ ONLY

**PHALANGEAL FRACTURE (ALL OTHER FINGERS, P2)**

- Finger splint blocking DIPJ, PIPJ ONLY

**PHALANGEAL FRACTURE (ALL OTHER FINGERS, P3)**

- Finger splint blocking DIPJ ONLY

## EXAMPLES OF SPLINTS

Sugar Tong:



Volar Short Arm Splint



Short Arm Thumb Spica



Short Arm Radial Gutter



Short Arm Ulnar Gutter



Finger Blocking Splint

