How to Apply a Plaster of Paris Splint / Slab

Gather materials: stockinette, padding, p.o.p., kling, flannel ------ gloves, tape, H2O and scissors

Position the patient: Elbow anchored on hard surface for all short arm types
Supine with shoulder on the edge, arm on the side, elbow at 90 degrees for long arm applications
For below the knee splints—use a foot stand or your knee with pt sitting on the edge of the bed or supine using a leg rest, or prone with knee bent. Knee and ankle joint at neutral—90 degrees

Use help
Maintain the position throughout the procedure. Any movement during the application will cause wrinkling which produces pressure areas.

PROCEDURE

~ apply stockinette: hole for thumb, use extra length to fold back for double cuff and fold for joint, make it an inch or two longer that the cast will be
~ wrap on padding: overlap by ½ up or down the limb, double at distal and proximal edges, and on bony prominences (heel, M T s, malleoli, elbow etc
~ choose enough layers of p.o.p slabs., cut or rip to desired length
~ use gloves, immerse fan fold like the slabs in the water, bubbles will rise, remove and squeeze some of the water out
~ apply the slab to the limb and wrap with kling (regular—not elastic), not tightly
~ add sugar tong or U-slabs or stirrups of p.o.p. and wrap
~ mold, get a good snug fit-----let it harden (takes only a few moments)-exothermic
~ wrap with flannel for a good fit and to strengthen the slab

DO NOT USE TENSOR BANDAGES—THEY ARE ELASTIC AND GET TIGHTER AND TIGHTER. For use in removable splints only

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