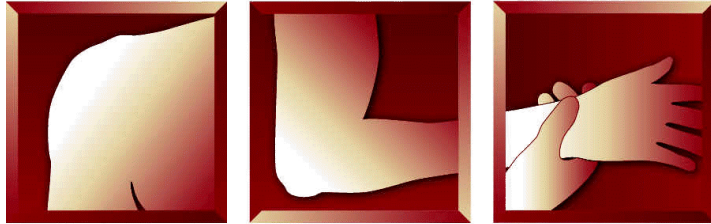


Hands-on-Care



Specializing in Shoulder, Elbow, Wrist and Hand Therapy

Saba Kamal has been teaching splinting to therapists all over US.

She has designed innovative cost effective splints to treat her patients and has taught those classes to other therapists.

If you have a patient with an atypical problem and you need a custom splint, please call our office and discuss it with one of the therapists and we will come up with a custom splint for your patient.

HANDS-ON-CARE

Main Location: 499 Blossom Hill Rd, San Jose, Ca 95123

Satellite Location: 2505 Samaritan Dr, Ste 202, San Jose, Ca 95124

Phone: 408-268-8536

Fax: 408-268-8727

E-mail: Info@hocinc.us

www.HandsOnCareTherapy.com

Hands-on-Care

Custom Splint Catalog

**For the Shoulder Elbow
Wrist and Hand**



- Custom splints from Mallet to Brachial Plexus injury
- Walk in welcome for such injuries.
- Just call us and give a heads up that you are sending a patient. Fax their paperwork so we can get the benefits verified by the time they come to the clinic

www.HandsOnCareTherapy.com

What is a custom splint

A custom splint is a brace or support made of a thermo-plastic material that is molded specifically to the individual body part.

How are custom splints molded or fabricated?

First, a pattern may be made of the extremity from a paper towel and that paper pattern is traced onto the material. A rough cut is then made using special cutters and the material is placed in warm water (about 158° -160° F). After the material has softened, it is removed and the pattern is cut precisely with scissors. The extremity, be it the elbow, wrist, or digit, is then placed in the correct anatomic position.

The material is returned to warm water to resoften. Once ready, it is removed from the water and allowed to cool to body temperature before the therapist places it on the extremity, making sure it is properly draped and smoothed. Rough edges are smoothed and Velcro® straps applied.

Can custom splints be cleaned if they get dirty?

Yes, custom splints can be cleaned with lukewarm water and mild soap. When drying, they must be kept away from hot, sunny surfaces and radiators.

What if the custom splint does not fit properly?

If the custom splint does not fit properly, it can be trimmed or remodeled, but one must bear in mind that because it is used to protect, prevent certain motions, or stretch certain areas, a well-fitting splint that is providing optimal healing benefits may not always feel as comfortable as we would like.

Cont on page 14

Custom Splints

comfortable as possible and allow as much free motion as ordered by the doctor.

Do I need a prescription for a custom splint to be fabricated?

Yes, in order for a custom splint to be fabricated you will need a prescription from the doctor.

Are there different kinds of custom splints?

Yes, there are many kinds of custom splints. However, some are more common than others.

- Static splints
- Dynamic splints
- Static progressive splints
- Protective splints

Dynamic Traction splints

Newer splint designs to allow for ROM in the fractured finger, especially in case of articular fractures

Such splints put traction at the fracture site, thus maintaining the integrity of the fracture while allowing for early ROM.



Custom Splints

Does insurance pay for a custom splint?

Payment for a custom splint by the insurance company is dependent on each individual's specific insurance. The front desk does their best to check precertification prior to the fabrication. The only time this is not done is if the splint is made after the insurance companies are closed for the day. In that instance, the precertification check is done the next morning.

Do the over-the-counter braces that may be purchased in a drugstore work the same way?

Over-the-counter braces do not necessarily work the same as they usually come in generalized sizes, i.e., small, medium, or large, whereas custom splints are molded to each individual's body part. Splints can also be molded around arthritic and/or swollen joints and subsequently adjusted as the swelling subsides.

Are custom splints returnable?

Custom splints are not returnable, but as previously mentioned, they can be readjusted.

Can the custom splint get wet?

Yes, the custom splint can get wet as long as the water is not extremely hot. Once wet, the Velcro® straps will then need to dry out.

How comfortable are custom splints?

Custom splints are molded to allow the proper joints and areas to be freely moving, but immobilize the area that needs protection. As therapists we strive to make them as

Custom Splint Table of Contents

PIP Dorsal Dislocation splint	4	Swan neck deformity splint	10
Basal Joint Arthritis Splint	4	Intrinsic tightness splint	10
Thumb Spica splint forearm based	4	Amputation Caps	10
Hand based Thumb Spica for UCL injury	4	Wrist Sprains	10
Mallet Splint	5	Mid Carpal instability splint	11
Trigger Finger splint	6	DISI splint	11
Wide Buddy loop for RCL of index	6	Radial Nerve Injury	11
Saggital Band splint	6	Dynamic wrist splint	11
Dupuytren's Splint	6	Static / dynamic finger splints	12
Ulnar Gutter splint	7	Pan Splints	12
Metacarpal Shaft fractures	7	Tenodesis splint for flexor tendon injury	12
Metacarpal head/ neck fractures	7	Extensor Tendon injury	12
ECU stabilization strap	7	Brachial Plexus injury	13
Web Space splint	8	Elbow flexion or extension contracture	13
Anti Claw splint	8	Cubital Tunnel Splint	13
Protective splint	8	Carpal Tunnel Splint	13
Anti Ulnar Drift splint	8	Dyanamic Traction splint	15
Boutonniere splint	9		

**To refer a walk-in call
1-408-268-8536**



PIP Dorsal Dislocation splint

The PIP joint in -30 extension. The patient can exercise within the splint thus preventing the finger from getting stiff. Pt. wears the splint for 3 weeks. Therapy is initiated to regain the last 30 degrees of extension. This reduces stiffness and thereby the treatment time.

Code: L3933



Basal Joint Arthritis Splint

A custom CMC splint stabilizes the joint and calms it down. Pt. wears the splint 23/7 for a month and then is offered a choice of soft splint at the end of the month to maintain stabilization. Treatment is done 1x wk to help reduce the symptoms, educate adaptive devices etc.

Code: L3913



Thumb Spica splint forearm based

It can be used to treat acute symptoms of dequervains, non displaced scaphoid fracture at the waist etc.

Code: L3808



Hand based Thumb Spica for UCL injury

UCL injuries can be treated with hand based thumb spica
Based on the surgery we fabricate this splint after CMC arthroplasty. This prevents wrist stiffness.

Code: L3913

Hands-On-Care



Brachial Plexus injury

Shoulder dislocation/ traction injuries causing injury to the brachial plexus can be treated with an airplane splint to put a slack on the nerve.

Code: L3977



Elbow flexion or extension contracture
Splint can be fabricated to improve elbow contracture.

Either a static progressive flexion (armor cuff used) or a night static progressive extension splint used to get the end range extensions.

Code: L3971



Cubital Tunnel Splint

Night static splint can be used to prevent cubital tunnel symptoms at night

Code: L3702



Carpal Tunnel Splint

Custom static splint to be worn at night. Can be used for ganglions along with taping techniques for proprioceptive input during the day.

Code: L3808



To refer a walk-in call
1-408-268-8536



Code: L3921

Static / dynamic finger splints

These splints help with improving ROM of the finger.

They can be hand or forearm based to improve the ROM of the finger joints



Code: L3808

Pan Splints

For rheumatoid patients, stroke patients or even patients with Carpal tunnel with lumbrical involvement.



Code: L3806

Tenodesis splint for flexor tendon injury

Flexor tendon injury can be treated with tenodesis splint. It combines duran / klinert techniques while allowing protective wrist motion thus prevent scarring.



Code: L3806

Extensor Tendon injury

Pts can be splinted with a reverse Klinert or a ring splint s/p extensor tendon repair.



Mallet Splint



Code: L3933

Mallet Splint

Over the counter mallet splints do not provide the best fit to hyperextend the finger. Also, it inhibits function. Our mallet splint is dorsally placed and taped in such a way that patients can type and function without any impairment. Thus, compliance is great. We teach the patients how to apply it and explain the precautions. If the patient has a tendency towards swan neck deformity, then we include the PIP joint in it as seen in the second picture. Patients are seen for 2 visits to ensure compliance and understanding of splint wear.

**To refer a walk-in call
1-408-268-8536**



Code: L3913

Trigger Finger splint

If the patient wakes up with the finger locked then we fabricate this trigger finger splint. If the triggering happens during the day then we teach them with taping technique.



Code: L3933

Wide Buddy loop for RCL of index

This splint prevents ulnar deviation of the index finger, allows protected motion thus increasing compliance with splint wear. Depending on the severity a night extension splint may be used in combination.



Code: L3913

Sagittal Band splint

For grade I and II a hand based splint is fabricated to be worn at all times for 3-4 weeks to allow for healing of the sagittal band.

Splint on the right for RA pts.



Code: L3921



Code: L3913

Dupuytren's Splint

Whether its post surgical or after collagenase or needle aponeurotomy a custom splint can be fabricated to prevent recurrences.

A scar mould is placed inside to increase the comfort of the splint wear and allow for slow stretch to be placed on the tissue.



Code: L3905

Mid Carpal instability splint

ECU can be used to improve stability of the mid carpal joint in mild cases. However, the ulnar sag needs to be eliminated. This splint helps with stabilization in order to do wrist strengthening.

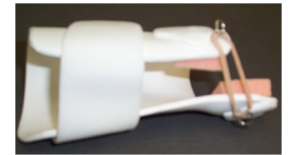


Code: L3905

DISI splint

Mild S-L injuries can be treated by one of these splints where surgery is not warranted.

Designed by Dr. Lichtman



Code: L3806

Radial Nerve Injury

Dynamic wrist/ finger extension splints can be fabricated to maintain finger extension/ opening of the hand to allow for function while the nerve regenerates. This also prevents stretching out of tendons. A static splint is used at night time



Code: L3806

Dynamic wrist splint

Dyanamic / Static progressive splints can be used to increase ROM of the wrist joint s/p wrist fracture or injury limiting wrist ROM



Code: L3933

Swan neck deformity splint

Oval 8 splints can be used to prevent swan neck, boutonniere etc. Therapists can also measure patients for silver ring splints.



Intrinsic tightness splint

Pts. Present with intrinsic tightness after distal radius fracture. This splint helps minimize it and improve fist.



Code: L3913

Amputation Caps

To protect the stump splints can be fabricated for the patient while the sensitivity improves or the graft takes.

Code: L3933



Wrist Sprains

For mild wrist sprains wrist restore can be fitted. It assists with tightening of the ligaments while still allowing use of the wrist/ hand.



Code: L3808

Ulnar Gutter splint

This splint can be used for TFCC or ECU management

TFCC strap worn during the day during sub-acute symptoms to wean off of ulnar gutter.



Metacarpal Shaft fractures

Stable shaft fractures do not need a full cast. A hand based splint suffices for such patient.



Code: L3919

Metacarpal head/ neck fractures

Stable metacarpal head / neck fractures can be splinted with MP flexed IP's immobilized along with wrist.



Code: L3808

ECU stabilization strap

If there is recurrent ECU subluxation, this strap may be able to prevent subluxation during pronation and supination activities.. Worn in conjunction with Ulnar gutter splint. ECU strap is worn during the day, with Ulnar gutter splint at night or during acute symptoms



**To refer a walk-in call
1-408-268-8536**



Web Space splint
To prevent web space contracture a C-bar can be created.

Code: L3810



Anti Claw splint
To prevent claw deformity after ulnar nerve injury, an anti claw splint can be provided

Code: L3913



Protective splint
To protect pin site a protective splint can be fabricated. Splints are designed in such a way that they protect as well as allow motion where needed.

Code: based on the injury

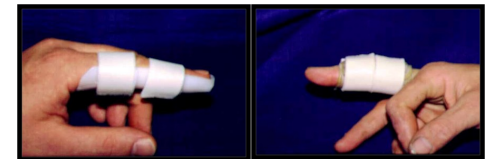


Anti Ulnar Drift splint
Either a hard or a soft ulnar drift splint can be provided to the patients to prevent the deformity from worsening.



Boutonniere Splint

Boutonniere deformity can be treated with a custom PIP splint.



If extension lag is present a hand based splint can be used with MCP in slight flexion to recruit lumbricals and allow for PIP extension.

If PIP contracture is present an LMB can be used to improve on PIP joint extension



Dynamic Extension splint (day) with graded flexion can be used for post op along with night static extension splint for the PIP joint

A Wave /Relative motion splint to Block MP hyper-extension can be used to encourage PIP extension.

Codes: L3933
L3913
L3921