

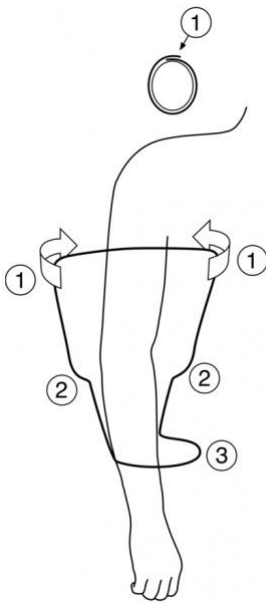
# Custom Dynamic Supination/ Pronation Splint

<http://www.orfit.com/en/splinting-guide-dynamic-7.-pronation-supination-splint>



Art. no. : 21021E

Compiled by Paul Van Lede OT, MS.



## Objective:

To achieve passive or active pronation supination of the forearm.

## Indications:

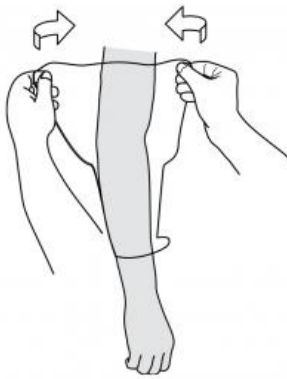
- Peripheral or central nerve lesions
- Distal radioulnar joint stiffness

## Fabrication steps

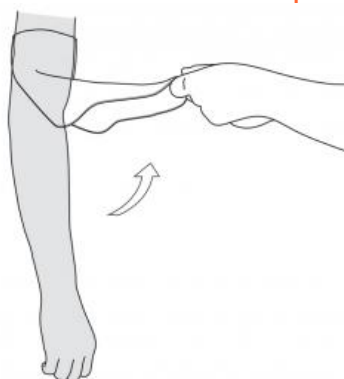
## Starting position



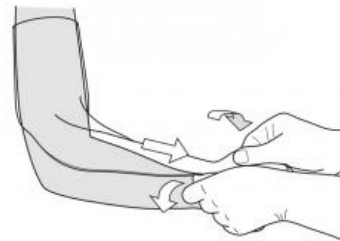
### 1. The elbow splint



**A.** Mould the splint pattern around the arm at the level of the axilla. Slightly stretch it out, and stick it together (ensure that it is easy to detach once it has hardened).



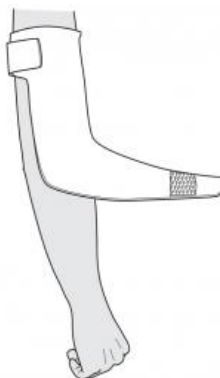
**B.** Have the patient bend his elbow...



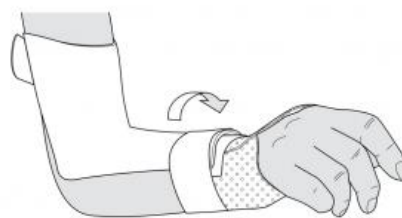
**C.** ...while the distal portion of the splint is being pulled up to the wrist and attached around it. The material **MUST** be like a bow string, if not, the pattern must be shortened



**D.** Slowly stretch the wings at the height of the elbow in the direction of the olecranon, and stick them together (again,



**E.** Leave the material to harden completely, after which you pull the bonded parts from each other, and cut off any surplus material.



**F. Finishing and fixation straps:**

The volar side at the proximal end can be shortened, but the distal end must reach up to the wrist. Cut off any

ensure that it is easy to detach once it has hardened).

surplus material on the sides of the forearm so that only a slightly curved plateau remains, not wider than the wrist.

Secure proximally with a very broad fixation strap.

Stick some hook tape as distally as possible.

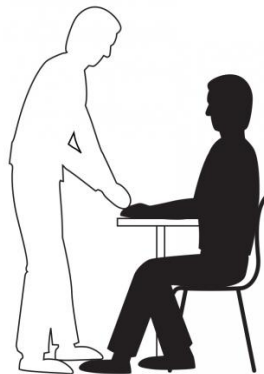
## 2. The hand splint

Make a circular hand splint as described [on this page](#) (the second splint).

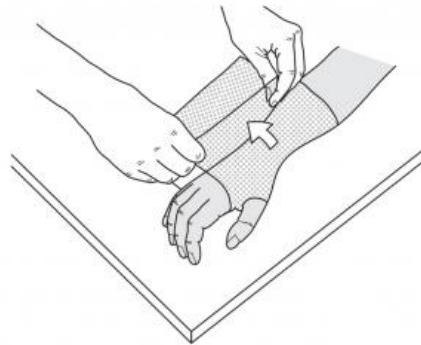
### Fabrication steps with slightly or non-sticky materials

*All "non-sticky" (NS) Orfit Industries products*

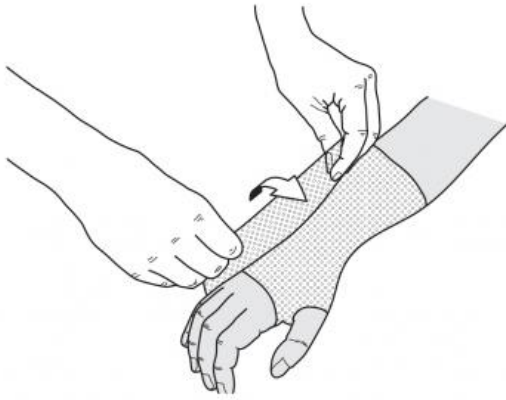
#### Starting position



**A.** Place the pre-heated pattern on the work table, the shortest side from the opening in the direction of the thumb. Ask the patient to stick his/her thumb through the opening.



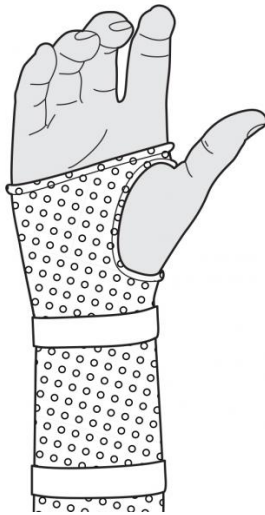
**B.** Pull the radial portion out and place it dorsally over the hand and forearm.



**C.** Now pull out the ulnar portion and overlap.



**D.** Stand in front of the patient, bring his/her hand in an upward position, spread the splint material out fully and adopt the desired position.



*Fixation:*

One circular strap around the wrist  
One circular strap at the proximal end.

*Finishing:*

Cut off any surplus material.  
Where necessary, roll over the edges after re-heating.

### 3. The dynamic element

**G.** Close the hand splint with a broad elastic loop and make 1 or more turns.

**H.** Hook the loop to the elbow splint (on the radial side to achieve supination, or on the ulnar side to achieve pronation).