

Fitting Resting Ankle Splints

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This leaflet contains information for parents/carers about Resting Splints.

Why wear resting splints?

Resting splints are used to provide a stretch to tight calf muscles and help to prevent permanent shortening of muscles and help with muscle stiffness (increased muscle tone).

How long should splints be worn for?

Usually the aim is to build up to wearing the splint overnight. Initially, the splint/s should be worn for 30 minutes a day, increasing gradually. Your child's therapist will give you specific information to suit their needs. **It is very important to follow their therapist's advice.**

How to look after a splint

Wipe clean with a damp cloth using warm water and mild detergent and towel dry. Keep away from direct heat and do not immerse in water. Keep away from pets. If the splint becomes too small or if the straps become worn or break please contact the Orthotics Department, Tel. 01493 452330.

Putting on your child's splint

Get the leg ready

- Ideally put on a knee-high, plain cotton sock to protect the skin. **Smooth out any wrinkles.**
- With the child sat in the position where they are going to rest e.g. in bed.
- Prepare the splint by moving the straps out of the way.
- Bend the hip and knee, stretch the ankle muscle by cupping the heel and pushing up at the ball of the foot near the toes as close to 90° as possible.



Place the foot in the splint

- Slide the heel down to the back of the splint and hold the heel on the footplate.
- Fasten the ankle strap



- Fasten the strap over the top of the foot.





- Fasten the strap around the shin.
- Finally pull up the side straps. Initially the straps should be tight but not stretching.
- When appropriate increase the stretch by tightening the side straps ensuring the heel stays down on the footplate.
- Ensure the straps at the side are pulled up the same amount.
- These splints should not be worn whilst walking around.



Always check the skin condition when you take off the splint.
When you remove the splint you may notice some red marks on the skin, this is normal. The marks should disappear within 20-30 minutes.



Check the splint

- ✓ The sock has no wrinkles.
- ✓ The straps are secure.
- ✓ There is no space behind or under the heel.
- ✓ The tips of the toes are inside the edge of the footplate.

Splints must pass all these checks to be comfortable and prevent pressure or irritation to the skin. If there are any problems remove the splint and start again. If it is still not right please contact your child's therapist for advice.

If you have any questions please contact:-

Newberry Child Development Centre, Lowestoft Road, Gorleston-on-Sea, Great Yarmouth, Norfolk, NR31 6SQ, 01493 442322 between 08:30 and 16:30 Monday to Friday.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240