

Session Title: Splinting the spastic pediatric hand – theory and clinical tips

Time: A four hours session

Speaker: Margareta (Maggi) Persson, Senior OTR, Hand Surgery dept, Uppsala university hospital, Sweden

Contact information: margareta.persson@artrionova.se

Summary:

This session will focus on soft and rigid orthotic devices for the spastic pediatric hand. The technical part of making these splints and the choice of material and design is a topic rarely discussed in books and articles. Even for experienced orthotists and hand therapists it can be a challenge to make an orthosis for a spastic hand. The resistance and the spasticity in itself, the size when working with the paediatrics can be a challenge. Other techniques and materials might be needed. A spastic hand limits the type of thermoplastics/splint material that can be used. Some patients, especially children, if they don't want to use their orthosis they will try to take it off and act like real "Houdinis", these require creative solutions for good enough fixation.

Factors influencing the development of contractures will be discussed and regimes for prevention and treatment will be analyzed from an evidence based perspective.

These are some of the challenges we will address in this workshop. Cases and clinical tips and tricks will be presented. Orthoses and ideas that we have found useful in our clinical work with spastic hands will be presented.