

## BCCH Occupational Therapy

### Splint Wear and Care

#### Shoulder Abduction Splint - Post Shoulder Botox and Casting

##### WHEN TO WEAR THE SPLINT

- 20 hours per day for approximately 3-4 months following cast removal. The treatment team will guide further weaning of splint use based on your child's progress. The splint will typically be used within some time frame for a total period of 9-12 months.
  
- Remove splint 2 times per day for periods of up to 2 hours. During these breaks,
  - Perform routine skin care/bathing
  - Stretching/range of motion exercises
  - Encourage your child to use their arm in play activities

##### SPLINT APPLICATION

- A thin cotton t-shirt (without buttons or zipper), or stockinette, can be worn under the splint.
  - Ensure there are no wrinkles.
- Position splint snugly into the armpit, with the hand rotated palm up.
- Secure the torso strap first, then adjust the arm and secure arm straps.
- Always check that the arm is rotated slightly back at the shoulder. The arm will have a tendency to shift forward with activity, so adjust as needed.

##### EVERYDAY

- Check your child's skin for any indications of irritation or pressure areas.
- The splint may require adjustments if:
  - Any areas of redness persist for more than 20-30 minutes
  - You are having increasing difficulty applying the splint
  - New signs of discomfort present related to splint use

##### SPLINT CARE

- Wipe splint out with mild soap and water 2-3 times per week.
  - Ensure all soap is removed and splint is thoroughly dry before reapplying.
  
- DO NOT leave splint near any heat source. Through the splint making process you will have seen how the material becomes soft and moldable in warm water. If exposed to heat, (for example, direct intense sunlight, a radiator, hot stove, or dryer) it may lose its shape.
  
- Keep splint out of reach of curious pets.

**Please contact your occupational therapist, should you have any questions or concerns.**

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