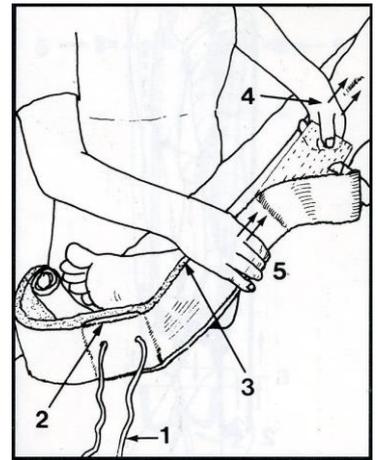


MUSCULOSKELETAL

HOW TO APPLY A THOMAS SPLINT

1. Ensure adequate analgesia & Nerve Block. Consider if procedural sedation required.
2. Size Thomas Splint on contralateral leg.
3. Ensure you have
 - Skin traction system
 - Tubigrip that will fit splint snugly
 - Tubigrip or crepe for securing tape
 - 6 inch crepe or similar for bandaging limb to splint
 - 2 wooden spatulas



4. Apply skin traction ~ the spongy part should be located symmetrically under the sole of the foot, with a gap of 4 cm between it and the foot (to allow for plantar flexion). The foam should extend to cover each malleolus for protection. Apply tape to medial (upward) side of leg to at least mid thigh level (figure1).

Fig 1

under

the sole of the foot, with a gap of 4 cm between it and the foot (to allow for plantar flexion). The

foam should extend to cover each malleolus for protection. Apply tape to medial (upward) side of leg to at least mid thigh level (figure1).

5. Rotate leg to anatomical position.

6. Apply skin Traction to lateral leg ~ preferably a little more posterior than medial side.

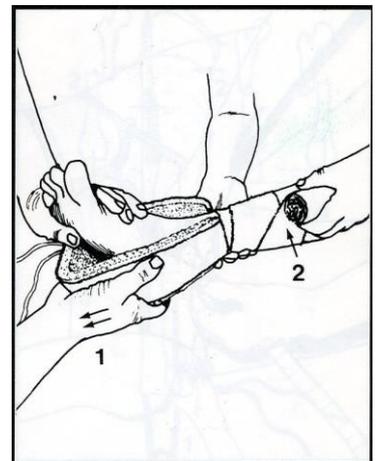


Fig 2

7. Secure tapes with encircling crepe bandage or tubigrip over leg (figure2).

8. Apply tubigrip over splint leaving a space at bottom for the heel.

9. Apply Traction Splint ~ the selected splint is pushed up the leg. It should reach the ischial tuberosity or perineum and it should be possible to pass one finger beneath the ring round its complete circumference. Beware of testicle entrapment in males!

10. Apply Traction cords ~ a Chinese windlass using 2 spatulas may be used to take up slack. The spatulas are inserted between the two cords within the perimeter of the Thomas splint and rotated to create further traction and tightening (figure 3).

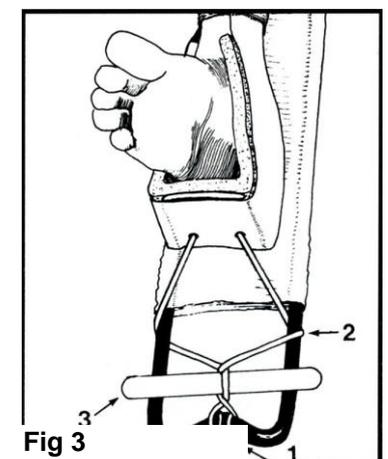


Fig 3

11. Bandage Limb to splint ~ ensure a space at the neck of fibula to protect the lateral popliteal nerve from pressure against the outer rod of the splint.

12. Apply padding (cotton pad or similar) behind knee to flex it by about 10-15 degrees.

13. Bandage Limb to Splint using 6" crepe.

14. Support lower leg on pillow.