







Post-Operative Cast Positions for Hands

Top tips – Where possible leave joints/digits free. If no concerns, an appropriate dressing, without cast, will be enough for digital nerves, nail beds etc. Avoid positioning a cast with wrist flexion. Avoid circumferential casts, particularly around thumbs! Ensure the ends of the fibreglass are covered. .

	<p>POSI - Position of Safe Immobilisation</p> <p>Indications: Proximal phalanx #; 2nd/3rd Metacarpal #; infections; <u>or if unsure, this is the safest position</u></p> <p>Wrist – 30° extension MCP's – 70° flexion IP's – 0° Thumb - free or abducted if injured</p>		<p>Zimmer Wire</p> <p>Indications: Distal phalanx #; EDC zone 1/Mallets. Can also be used for thumbs.</p> <p>For central slips, lateral bands and middle phalanx # - include PIPJ/DIPJ but not the MCPJ. Ensure PIPJ/DIPJ are at 0° extension</p>
	<p>Flexor Hood</p> <p>Indications: FDP;FDS</p> <p>Wrist – 0° – 20° extension MCPs – 60° flexion IPs – 0° Thumb - free</p>		<p>Volar Thumb Splint</p> <p>Indications: EPL; distal phalanx thumb #</p> <p>Wrist – 30° extension Thumb – full extension Fingers – free</p> <p>Note: If APL/EPB; thumb metacarpal or proximal phalanx # – can leave IPJ free</p>
	<p>Extensor Paddle</p> <p>Indications: EDC; EDM; EI; Fasciectomy</p> <p>Wrist – 30° extension MCPs 0-20° flexion IPs – 0° Thumb - free</p>		<p>Dorsal Thumb Splint</p> <p>Indications: FPL</p> <p>Wrist – 0° Thumb – mid position, with mild flexion of MCPJ Fingers - free</p>



Ulnar Gutter

Indications:
4th/5th Metacarpal #

Wrist – 30° extension
RF/LF MCPs 50° flexed
RF/LF IPs 0°
Thumb/IF/MF - free



Dorsal



Volar

Wrist Splint

Dorsal Indications – FCR;
FCU; PL; Median nerve at
wrist.

Volar Indications: ECU;
ECRB/L

Wrist – 0°
Fingers and thumb free