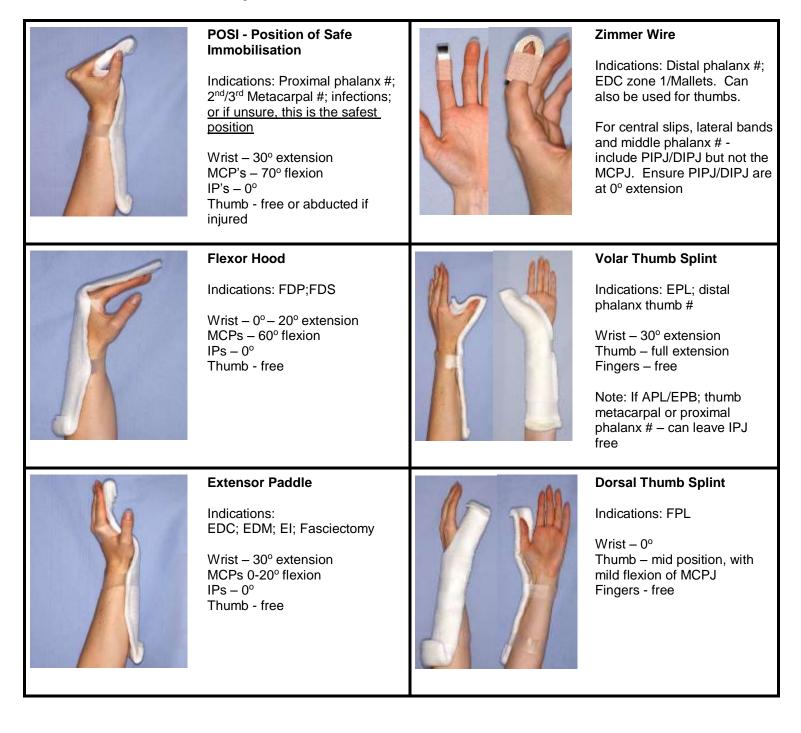
## **Post-Operative Cast Positions for Hands**

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.





## **Ulnar Gutter**

Indications: 4<sup>th</sup>/5<sup>th</sup> Metacarpal #

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



## Wrist Splint

**Dorsa**l Indications – FCR; FCU; PL; Median nerve at wrist.

Volar Indications: ECU; ECRB/L

Wrist – 0° Fingers and thumb free