

Knee Immobilizer (Splint) Instructions for Wearing and Care



Prescriber: Please complete

Diagnosis: _____
Wear time: _____ weeks
Name: _____

Removal for skin checks/hygiene? Yes ☐ No ☐
Telephone: _____

How to put on Splint

1. Make sure leg is supported with knee fully straight. Lie in bed or sit on the floor.
2. Slide splint under leg and centre the splint under the leg. If there is a foam pad, it should be directly behind the knee.
3. Wrap the splint around the leg and fasten the straps located directly **above and below the knee**. Ensure the opening is centered on the knee cap (patella).
4. Fasten the remaining straps.
5. Snug/loosen the straps as needed, allowing for a finger space between the strap and the leg.

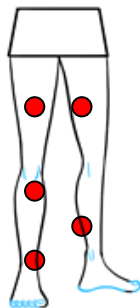
Proper Fit

- A splint that is too loose will slide down your leg, and will not provide support for your knee.
- A splint that is too tight may irritate the skin, cut off circulation to your leg or pinch nerves in your leg.
- The side panels of the splint should overlap slightly in the front when the splint is done up.
- The opening in the center of the splint should be centered on the knee cap (patella).
- The splint should fit 3-4" below the groin, 6-8" below the hip pointer (trochanter) and 2-4" above the outer ankle (lateral malleolus).

Knee Immobilizer (Splint): Instructions for Wearing and Care

How to Remove Splint

1. Support the leg on a flat surface.
2. Unfasten the straps.
3. Ensuring the leg is fully supported and knee remains fully straight, slide the splint out from under your leg.

Skin Care & Circulation: <u>If splint CAN be removed</u> Follow these simple tips to keep your skin, nerves and blood flow healthy under your splint:	Skin Care & Circulation: <u>If splint CANNOT be removed</u> Follow these simple tips to keep your skin, nerves and blood flow healthy under your splint:
<ol style="list-style-type: none">1. Once a day: Remove the splint to wash and dry skin, including in between the toes. Moisturize skin; if you are diabetic avoid putting cream between your toes.2. Every 8 hours (3 times in 24 hours): Check these areas of the legs for pressure points (darkened or red areas) or wounds:<ul style="list-style-type: none">• Under the top (proximal) and bottom (distal) ends of the splint on front and back of leg• Around the opening for the knee cap (patella)• Under the straps if the splint does not overlap	<ol style="list-style-type: none">1. Once a day: Open the splint to wash and dry front of the leg. Moisturize skin; if you are diabetic avoid putting cream between your toes.2. Every 8 hours (3 times in 24 hours): Check these areas of the legs for pressure points (darkened or red areas) or wounds:<ul style="list-style-type: none">• Under the top (proximal) and bottom (distal) ends of the splint on front of leg• Around the opening for the knee cap (patella)• Under the straps if the splint does not overlap
	
Important: Contact prescriber if you experience skin irritation, persistent pressure/redness, blistering, or broken skin	

Splint Care

- If the splint can be removed wipe with wash cloth using a mild soap. Allow to air dry before reapplying.