Splinting / Buddy Taping Toes

1. Overview
   a. Splints are placed to immobilize a fracture, sprain or strain.
   b. Knowledge of when to use which splints can minimize complications of a fracture, sprain or strain. One example of this is buddy taping toes.

2. Goal of the Procedure
   a. Provide a safe, effective splint without complications

3. Reference(s)

4. Required Reading / Review

5. Required Procedure Competencies
   1. Self-Adhering Straps Splint
      a. Estimate/ measure for the length of the splint you plan to use.
      b. Choose the correct splint.
      c. Position the splint to ensure adequate support of the joint.
      d. Apply the correct splint using self-adhering straps.
   2. Premade Splint without Self-Adhering Straps
      a. Estimate/ measure for the length of the splint you plan to use.
      b. Choose the correct splint.
      c. Apply padding or stockinette. Place the padding against the patient's skin and have the patient or an assistant hold it in place.
      d. Apply the splint over the padding and position splint to ensure adequate support of the joint.
      e. Place a layer of padding over the splint.
      f. Wrap the splint to hold it in place with an elastic bandage or cast padding.
   3. Buddy taping toes
      a. Identify which toe is injured.
      b. Decide which toes to tape (try to tape toes together which are close in length and thickness).
      c. Loosely tape the toes together (a figure eight pattern will provide more stability).
Crutches – Measuring and Crutch Walking

1. Overview
   a. Measure a patient for crutch walking and teach proper crutch walking to avoid weight bearing
   b. Proper measurement for crutches and teaching proper crutch walking prevents complications following a fracture, sprain or strain in a lower extremity.

2. Goal of the Procedure
   a. Introduction to proper crutch measuring and teaching of utilizing crutches safely to avoid weight bearing and prevent complications

3. References

4. Required Reading / Review
   • American College of Foot and Ankle Surgeons. Crutch use- foot health facts. Retrieved from https://www.foothealthfacts.org/conditions/crutch-use

5. Required Procedure Competencies
   a. Crutch measuring
      • Have client stand if possible.
      • Measure from anterior axillary fold to the sole of the foot, then add 2 inches.
      • Adjust crutches based on measurements.
      • Armrest should be 1-2 inches below the axilla and elbow should be flexed 20 – 30 degrees.
   b. Crutch walking (unilateral non-weight bearing)
      • Demonstrate three-point gait:
      • Advance both crutches and swing the non-weight bearing leg through while standing on the weight-bearing leg.
      • When the crutches are securely in place, put weight on the hand pieces and advance the weight-bearing leg.