

Volar Hand-Based Thumb Spica

PRESENTED BY ♦
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Here are the steps for creating a volar thumb spica:

1. Create an outline of the patient's hand using a paper towel and pen. The main landmarks to mark on this sketch are;
 - a. Distal Palmar Crease
 - b. Proximal Palmar Crease
 - c. IP Joint of the thumb
 - d. Head of the ulna
 - e. Radial styloid

(Feldscher, Fedorczyk, & Walsh, 2016, pp. 28)

1. Cut out sketch pattern on paper towel
2. Heat up a piece of splint material that is 2-3 inches wider than the cutout
 - a. Take out after 2-5 minutes depending on the temperature of the splinting pan.
3. Place the pattern on top of the splint material and cut out the pattern.
4. Placing material on the volar surface of the patient's hand, right below the distal palmar crease, wrap the material first around the thumb.
 - a. Start with the bulk of the material wrapping around the volar to the dorsal side of the thenar eminence.
 - b. Then the tail comes around the thumb from the webspace to the dorsal side of the thumb, just below the IP joint of the thumb.
 - c. Roll down the edges for comfort
 - d. Then smooth material along the palm from the radial to the ulnar side with the remaining material wrapping to dorsal, ulnar side of the hand. Can roll edge along the distal palmar crease for comfort
5. Place lining on rough edges, secure Velcro, and straps, and voila, you are finished!

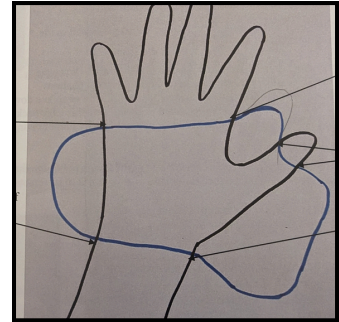
Materials:

- Paper Towel
- Pen
- Splint Material
- Scissors
 - Steel scissors for cutting splint material, lining, and straps
 - Fabric scissors for cutting velcro
- Velcro with adhesive backing
- Velcro hook loop straps
- Lining with adhesive backing

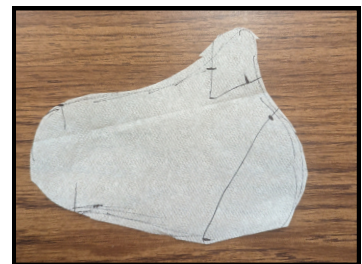
Reference:

Feldscher, S., Fedorczyk, J., & Walsh, M. (2016). Orthotic Fabrication Manual. (Eds. 2nd). Jefferson College of Rehabilitation Sciences, Thomas Jefferson University

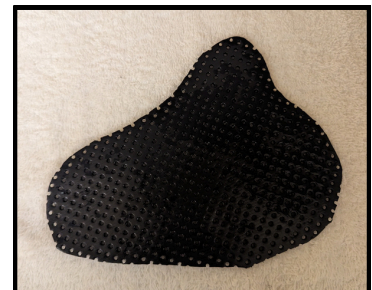
Step 1



Step 2



Step 3



Step 4

