

# SASHT and OTTOBOCK

## ORFICAST VIRTUAL SPLINTING WORKSHOP

### Orthotic Management of Common Clinical Conditions

**October 21, 2020; New York Time- South African Time 2 pm- 6 pm.**

This webinar will feature demonstration and fabrication of common orthoses for the hand, fingers, and thumb to manage clinical conditions seen in the hand therapy clinic. The power point presentation will briefly address each clinical condition with recommended wearing schedules for the orthosis.

Each participant will receive the following via courier before or on 19 October 2020:

- Orficast 3 cm x 50 cm
- Orficast 6 cm x 130 cm
- Orficast More 15 cm x 90 cm
- Print out of the slides

#### **Learning Objectives:**

1. Recognize clinical conditions of the fingers, thumb and hand that benefit from orthotic management.
2. Learn tips and tricks for working with low temperature thermoplastic materials that benefit specific orthotic fabrication.
3. Identify the steps of fabrication for 3-5 custom orthoses for the fingers, thumb and hand.
4. Successfully fit and fabricate 3-5 orthoses for the fingers, thumb and/ or hand.

#### **COST:**

SASHT members                      R800.00

Non SASHT members                R950.00

All participants should be seated near a hot water source and have the following equipment and materials ready:

- a towel
- scissors
- heat gun (recommended)
- loop and adhesive backed hook for strapping

**Each participant will be supplied with the following materials. Your parcel will be couriered to you, and will include: Orficast 3 cm x 50 cm; Orficast 6 cm x 120 cm; Orficast More 15 cm x 75 cm.**

**Participants will qualify for 10% discount on all orders through Ottobock on materials used during the course.**

### **PROGRAMME**

The course will start at 14:00 and end at 18:00. Each participant will be encouraged to make the orthosis based on the virtual demonstration with the materials provided.

14:00	Introduction, housekeeping rules, virtual sign in.
	<b>Orthosis for the thumb:</b> Short Thumb Opponens orthosis ( <i>Orficast More 15 cm and/ or Orficast 6 cm</i> ) for the management of CMC joint OA Long Thumb Opponens orthosis ( <i>Orficast 15 cm</i> ) for the management of De Quervain's syndrome
	<b>Orthosis for the fingers:</b> Orthosis for Stenosing Tenosynovitis / trigger finger ( <i>Orficast 3 cm</i> )
	<b>Hand based orthosis:</b> Orthoses for Metacarpal Fractures – Radial or ulnar gutter orthoses, hand based ( <i>Orficast 15 cm</i> )
	<b>Anti-claw orthosis</b> Orthoses for Peripheral Nerve Dysfunction: Anti- Claw Orthosis and Combined Ulnar Nerve/ Median Nerve Dysfunction ( <i>Orficast 6 cm</i> )
	<b>Static progressive orthosis for stiffness of the MPJ</b> Demonstration only.
17:45	Thank you. Wrap-up, Questions, and answers. CPD sign out.

**Limited seats, book now!**

**As this course will be interactive, we will only allow 20 participants.**

**Enquiries: The Conference Company**

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