

Why is a splint necessary?

A splint has been supplied to provide correction, support or stability to the foot and/or the ankle.

What should be worn under the splint?

Sock or tights which are:

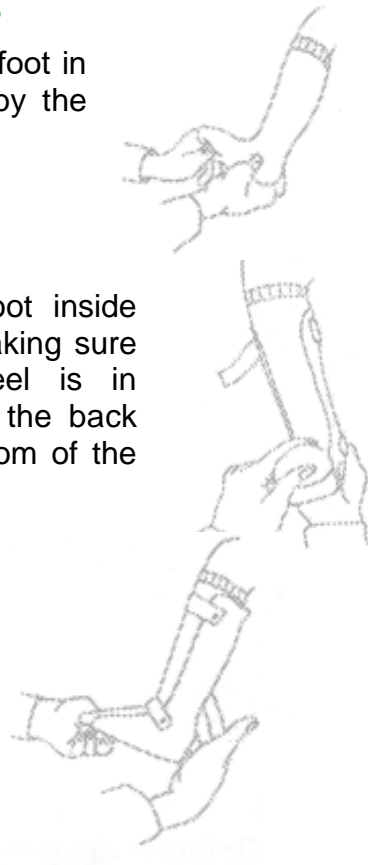
- Well fitting
- Unpatterned
- Made from cotton rich material
- Long enough to cover all the areas of the skin, which come into contact with the back and the bottom of the splint
- Pulled up firmly to eliminate creases

How should the splint be put on?

- Correct the position of the child's foot in the way you have been shown by the orthotist or physiotherapist



- Place the foot inside the splint making sure that the heel is in contact with the back and the bottom of the splint



- Fasten the straps tightly to prevent the foot from moving inside the splint

What should I check for?

The splint needs to apply pressure to the foot and ankle to give the required correction and support.

Some marking of the skin is normal but the skin should not blister or breakdown.

When the child receives a new splint the skin should initially be checked frequently for pressure areas. Remove the splint and sock to check the skin, if there is significant marking leave the splint off and check the foot again after 30 minutes. If the marking is still significant you should make an appointment with the orthotist for the splint to be reviewed.

The child's foot may sweat more when wearing the splint therefore it is advisable to wash the foot and change the socks more frequently. It is required that the splint be cleaned and cared for as per the manufacturers' guidelines.

What type of footwear does the child need?

The splint should be worn with ordinary footwear. Special footwear is not necessary.

Some manipulation may be required to get the foot and the splint into the footwear initially.

For further information about footwear please refer to the guide for purchasing footwear.

Information Leaflet number:
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NHS Foundation Trust

GUIDE FOR WEARING SPLINTS

For further advice contact:

Main hospital number: 0114 271 7000

Patient Advice & Liaison Team (PALS)
The Children's Hospital
Western Bank
Sheffield
S10 2TH

PALS office: 0114 271 7594

www.sheffieldchildrens.nhs.uk

Review 2019

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