Objective:
To achieve passive or active pronation supination of the forearm.

Indications:
- Peripheral or central nerve lesions
- Distal radioulnar joint stiffness

Fabrication steps
1. The elbow splint

A. Mould the splint pattern around the arm at the level of the axilla. Slightly stretch it out, and stick it together (ensure that it is easy to detach once it has hardened).

B. Have the patient bend his elbow...

C. ...while the distal portion of the splint is being pulled up to the wrist and attached around it. The material MUST be like a bow string, if not, the pattern must be shortened.

D. Slowly stretch the wings at the height of the elbow in the direction of the olecranon, and stick them together (again,

E. Leave the material to harden completely, after which you pull the bonded parts from each other, and cut off any surplus material.

F. Finishing and fixation straps:
The volar side at the proximal end can be shortened, but the distal end must reach up to the wrist. Cut off any
ensure that it is easy to detach once it
has hardened).
surplus material on the sides of the
forearm so that only a slightly curved
plateau remains, not wider than the
wrist.
Secure proximally with a very broad
fixation strap.
Stick some hook tape as distally as
possible.

2. The hand splint
Make a circular hand splint as described
on this page (the second splint).

Fabrication steps with slightly or non-sticky materials
All "non-sticky" (NS) Orfit Industries products

Starting position

A. Place the pre-heated pattern on the work table, the
shortest side from the opening in the direction
of the thumb. Ask the patient to stick his/her thumb through
the opening.
B. Pull the radial portion out and place is dorsally over the
hand and forearm.
C. Now pull out the ulnar portion and overlap.

D. Stand in front of the patient, bring his/her hand in an upward position, spread the splint material out filly and adopt the desired position.

**Fixation:**
One circular strap around the wrist
One circular strap at the proximal end.

**Finishing:**
Cut off any surplus material.
Where necessary, roll over the edges after re-heating.

3. The dynamic element

G. Close the hand splint with a broad elastic loop and make 1 or more turns.

H. Hook the loop to the elbow splint (on the radial side to achieve supination, or on the ulnar side to achieve pronation).