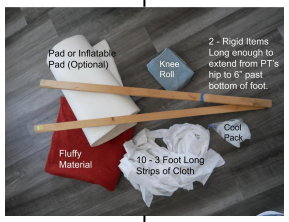
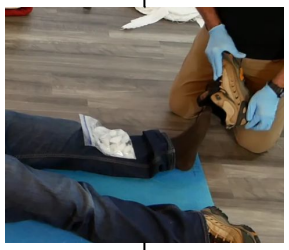


Leg Splint Supply List

2 - Rigid Elements
1 - Padded Material
12 - Cloth strips, each at least 24" long
1 - Cloth roll for behind knee
1 - Optional foam or inflatable pad
1 - Cool pack

Place cool pack on injured area. If you are using an ice pack, place material between ice pack and patient's skin



Remove the patient's footware.

Build splint next to the patient. Lay down eight cloth strips - four above the knee - four below the knee.

Lay the rigid elements on top of the cloth strips. Anticipate where the patient's leg will lay when you move it into the splint.

If you have an optional pad, lay the pad on top of the rigid elements. You may fold the pad so that it extends 12" past the patient's foot, or you may roll the pad to the patient's foot once the splint is tied closed..

Lay the padded material in place.

Roll up cloth and place on padded material where the back of the patient's knee will land when the leg is moved into the splint.

Using two hands, move the patient's leg into the splint.

Tie the splint closed with the eight strips of cloth.

Optional pad - If you did not bend the pad back, roll pad against patient's foot. Insert patient's footwear between patient's sole of foot and splint.

Tie the splint so the patient can not push with their foot.

Tie the splint so the patient can not move their foot backwards.

Quality Leg Splint Characteristics

- Two rigid elements
- Rigid elements extend from patient's crotch and hip to at least six inches past the patient's foot.
- Eight adjustable strips - four above the knee and four below the knee
- Padded material encircles the leg 360 degrees
- Small roll of fabric or foam is placed behind patient's knee
- Strips are tight. Not able to insert a finger between strips and rigid elements
- Patient's leg is immobilized. Patient cannot bend their knee
- Patient's footwear is removed on injured leg
- Patient's foot is immobilized - patient cannot move their foot
- Caregiver has access to patient's toes to check for circulation, sensation and movement
- Caregiver has access to injury area to place a cool pack