

Volar backslab application

A volar backslab is appropriate for all hand injuries requiring immobilisation.

A thumb spica should be used for thumb fractures

Open injuries should be discussed with the Plastic Surgery Registrar on 0409 645 660.

Materials

Padding such as Velband

Plaster rolls, ideally 15 cm (6 inch) for average adult plaster

Crepe bandage

Elastoplast

Tepid water

Technique

Place hand in position of safe immobilisation (wrist dorsiflexed 30 degrees, MCPJs flexed 90 degrees, IPJs fully extended)

Measure appropriate length for backslab: from metacarpal heads to mid forearm proximal to radial head

Lay out two rolls of plaster to the measured length

Wet plaster in tepid water, gently massage out excess water

Place wet plaster on single layer of padding, cover with several extra layers, this is the side that is applied to the patient

Apply backslab to the volar aspect of the patients forearm, including the index through to little fingers

Wrap crepe bandage loosely around backslab, leaving thumb free

Mold backslab to fit as it sets, secure with elastoplast

