

## **Splinting & Plastering Sprains of the Lower Extremity**

### The Workshop ... Why?

Sprains of the lower extremity are common injuries. Higher-grade sprains require more than rest, elevation, ice application and non-steroid, anti-inflammatory drugs. Immobilization of the knee or ankle in a cast is effective in controlling the pain and hastening the recovery period.

### Objectives

- 1- To recognize the different types of sprains
- 2- To know the characteristics of different materials used in splinting
- 3- To apply a cast at the ankle or knee-level under supervision
- 4- To state the components of functional treatment

### Format of the Session

- 1- Review a video film
- 2- Review the causes, pathophysiology and grades of sprains
- 3- Review the characteristics of various types of available casts
- 4- Demonstration on how to apply an air cast

### Participants

Residents and attendings from the Department of Family Medicine

### Program

1. Introduction
2. Sprains and Casts
3. Coffee Break
4. Demonstration of Cast Application
5. Application of Knee/Ankle Cast by Each Participant
6. Evaluation and Feedback
7. Lunch

