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## Information for Staff

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*After application of the splint, please give this information sheet to the patient to take to their scan/follow up.*

SINGLE PATIENT USE ONLY.

BEFORE YOU START YOU WILL NEED:

1. THETIS SPLINT - Choose Right or Left, Small or Large
  2. Orthopaedic wool, Crepe Bandage, Tape and Scissors (or Cohesive Bandage).
- N.B. Openweave bandages are NOT suitable.*

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## Information for Patient

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*Do not remove the splint after application\*.*

*Take this leaflet to your appointment/scan*

Purpose:

This splint holds your foot plantar flexed (tip toe position) preventing further injury, It allows the tendon to start healing optimally, before your specialist appointment.

Further information can be found here:



<https://thetismedical.com/recovery-pathway.html>



1. Apply a layer of orthopaedic wool to cover the shin and top of foot.



2. Ask the patient to point their toes down (tip-toes). Position the splint to cover the lower shin, whole top of foot, but leave the toes free.



3. Wrap with crepe bandage firmly, but not too tight. (Openweave bandages are **not** suitable).



4. Secure with tape.

