



Care of

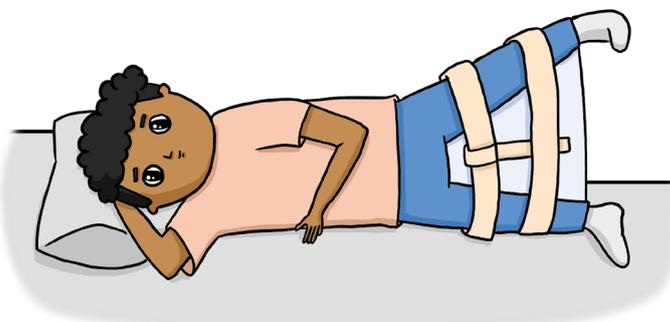
# Knee splints and abduction wedge/cushion (ab-duk-shin)

- Sometimes bub may need a knee splint to hold the leg in a straight position while healing.
- Sometimes bub may need an **abduction wedge/cushion** to hold the leg in position. This is usually held in place with velcro straps which wrap around the legs. The nurses will show you what to do before you leave the hospital.
- Sometimes a child may need both a knee splint and an abduction wedge.



### Good to know

- A knee splint and an abduction wedge/cushion, is sometimes called “wedge and wraps”.
- Bubs in nappies may need more changes during the day to stop their knee splint(s) from becoming wet.
- There is special equipment to help make going to the toilet easier for bub at home; you can hire out the equipment from the hospital. Yarn with the Occupational Therapist (OT).



### While healing

- Bub can do some physical activities but don't overdo it.
- Yarn with the OT, physio or doctor about bub going back to school or if you are worried or concerned about bub's healing.

## Pressure markings and skin care



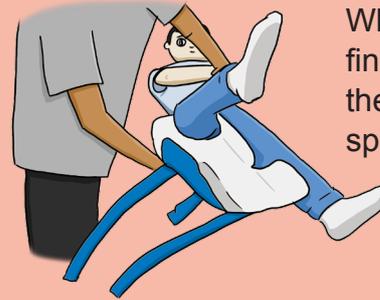
The splint must be taken off at least 3 times a day to check the skin all over for pressure marks or dents. The nurse will show you what to look for.



Take the splints off 1 at a time. Keep the legs straight and apart.



You will need wash and dry bub's leg at least once a day

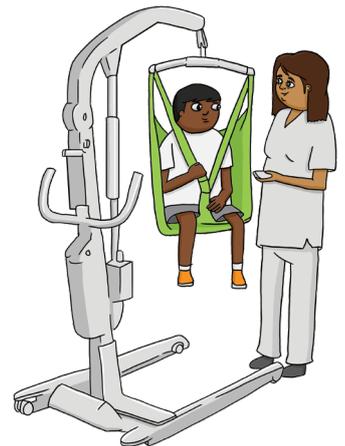


When you have finished checking the skin, put the splint back on



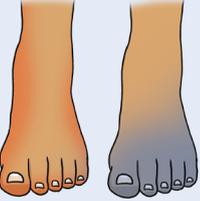
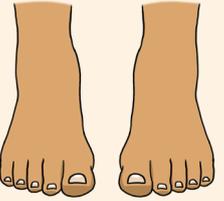
## Getting around in a cast

Bub will be seen by the OT and physiotherapist (physio) who may give them crutches, a wheelchair or a stroller to use when at home. The OT and physio will show you the safest way to move bub around". If bub is over 20kg, the OT will yarn with you as a hoist and sling maybe needed to move bub safely.



## Foot health

Check bub's feet and toes every day and compare it to make sure they are the same.

Temperature:	Colour:	Movement:	Sensation/ feeling:	Swelling:
Both feet should feel the same temperature	Both feet should be their normal skin colour	Both feet have normal movement in their toes and ankles	Normal feeling on the top and bottom of the foot and toes	Little or no swelling on foot or toes
				

If you have any worries or concerns about bub see your GP, health clinic or go to the emergency department.

## If bub is in pain give them



### Paracetamol (Panadol)

Given at: \_\_\_\_\_

Next dose at: \_\_\_\_\_

**No more than 4 times in 1 day**

See packet instructions



### Muscle relaxant - if prescribed

Given at: \_\_\_\_\_

Next dose at: \_\_\_\_\_

See packet instructions

## Follow-up appointment

It is important to go to your follow-up appointment. If you forget or need to change your appointment, please call Outpatients on 6456 2222.

## Other information:

- Back care- safe wheelchair or stroller moving Health Facts.
- Pressure Injury Prevention Health Facts.



Government of **Western Australia**  
Child and Adolescent Health Service

### Child and Adolescent Health Service

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