Guidelines and Guidance

Splinting for the prevention and correction of contractures in adults with neurological dysfunction

This practice guideline provides specific recommendations to support clinical practice and decision-making in splinting when used as an intervention for adults with neurological conditions who have, or are at risk of, contractures.

While primarily a tool to support occupational therapists and physiotherapists in their practice, this document will also be of interest to students, researchers, service users, commissioners and any others who wish to gain insight into the roles and responsibilities of clinicians in this area

Read CSP article on the guidelines.

Download the implementation tools for this guideline
Full guideline document (PDF) the full practice guidance document
Quick reference guide (PDF) a summary of the recommendations in the practice guidance
Neurosplinting audit form (PDF) Implementation toolkit/audit form to be used in conjunction with the evidence-based practice guideline
Feedback form (Microsoft Word) please download and complete this to review the guidance documents
Neurosplinting CPD session (Microsoft PowerPoint) PowerPoint notes and group activities

Journal articles

Diabetes

The lived experience of diabetes: Conceptualisation using a metaphor
Annabel Youngson, Fiona Cole, Helen Wilby, and Diane Cox
The British Journal of Occupational Therapy January 2015 78: 24-32
Abstract

Gerontology

Postmenopausal weight change and incidence of fracture: post hoc findings from Women’s Health Initiative Observational Study and Clinical Trials
Carolyn J Crandall, Vedat O Yildiz, Jean Wactawski-Wende, Karen C Johnson, Zhao Chen, Scott B Going, Nicole C Wright, Jane A Cauley
BMJ 2015;350:h25
http://www.bmj.com/content/350/bmj.h25?etoc
Aerobic exercise increases hippocampal volume in older women with probable mild cognitive impairment: a 6-month randomised controlled trial
Lisanne F ten Brinke, Niousha Bolandzadeh, Lindsay S Nagamatsu, Chun Liang Hsu, Jennifer C Davis, Karim Miran-Khan, Teresa Liu-Ambrose
[Abstract]

Occupational therapy inpatient rehabilitation interventions with deconditioned older adults following an acute hospital admission: A Delphi study
Amanda J. Timmer, Carolyn A. Unsworth and Nicholas F. Taylor
Australian Occupational Therapy Journal, February 2015, Volume 62, Issue 1, (pages 41–49)

Are health promotion and prevention interventions integrated into occupational therapy practice with older adults having disabilities? Insights from six community health settings in Québec, Canada
Pier-Luc Turcotte, Annie Carrier, Johanne Desrosiers and Mélanie Levasseur

Are clients’ performances on the Rowland Universal Dementia Assessment Scale associated with their functional performance? A preliminary investigation
Laura Joliffe, Ted Brown, and Leesa Fielding
The British Journal of Occupational Therapy January 2015 78: 16-23
Abstract

Mental Health

Self-reported mental health in youth with cerebral palsy and associations to recurrent musculoskeletal pain
Kjersti Ramstad, Jon Håvard Loge, Reidun Jahnsen, and Trond H. Diseth
Summary

Interventions to improve return to work in depressed people.
Nieuwenhuijsen K, Faber B, Verbeek JH, Neumeyer-Gromen A, Hees HL, Verhoeven AC, van der Feltz-Cornelis CM, Bültmann U.

Are clients’ performances on the Rowland Universal Dementia Assessment Scale associated with their functional performance? A preliminary investigation
Laura Joliffe, Ted Brown, and Leesa Fielding
The British Journal of Occupational Therapy January 2015 78: 16-23
Abstract

Predicting fears of intimacy among individuals with post-traumatic stress symptoms by their sensory profile
Batya Engel-Yeger, Dafna Palgy-Levin, and Rachel Lev-Wiesel
The British Journal of Occupational Therapy January 2015 78: 51-57
Abstract

Exploring paid employment options with a person with severe learning disabilities and high support needs: An exploratory case study
Rachel Ineson
The British Journal of Occupational Therapy January 2015 78: 58-65
Abstract
Musculoskeletal/Orthopaedics

**Hand Function, Experienced Pain, and Disability After Distal Radius Fracture**
Karin Ydreborg; Christina Engstrand; Ingrid Steinvall; Eva-Lena Larsson
*Am J Occup Ther.* 2014;69(1):6901290030p1

**Upper limb spasticity management for patients who have received Botulinum Toxin A injection: Australian therapy practice**
Anne Cusick, Natasha Lannin and Bianca Zoe Kinnear
*Australian Occupational Therapy Journal,* February 2015, Volume 62, Issue 1, (pages 27–40)

Neurology/Stroke

**Socioeconomic disparities in work performance following mild stroke**
Joseph K. Brey and Timothy J. Wolf

**Summary**
A follow-up study on the relationship among participation, activity and motor function in survivors of stroke following constraint-induced therapy
Karen Atler, Matthew Malcolm, and Catherine Greife

**Summary**
Fast gait speed and self-perceived balance as valid predictors and discriminators of independent community walking at 6 months post-stroke – a preliminary study
Marlene Cristina Rosa, Aida Marques, Sara Demain, and Cheryl D. Metcalf

**Method for the Evidence-Based Reviews on Occupational Therapy and Stroke**
Marian Arbesman; Deborah Lieberman; Debra R. Berlanstein
*Am J Occup Ther.* 2015;69(1):6901180020p1

**Effectiveness of Interventions to Improve Occupational Performance of People With Motor Impairments After Stroke: An Evidence-Based Review**
Dawn M. Nilsen; Glen Gillen; Daniel Geller; Kimberly Hreha; Ellen Osei; Ghazala T. Saleem
*Am J Occup Ther.* 2015;69(1):6901180030p1

**Effectiveness of Interventions to Improve Occupational Performance of People With Cognitive Impairments After Stroke: An Evidence-Based Review**
Glen Gillen; Dawn M. Nilsen; Jessica Attridge; Erasmia Banakos; Marie Morgan; Lauren Winterbottom; Wesley York
*Am J Occup Ther.* 2015;69(1):6901180040p1

**Effectiveness of Interventions for Adults With Psychological or Emotional Impairment After Stroke: An Evidence-Based Review**
Mary W. Hildebrand
*Am J Occup Ther.* 2015;69(1):6901180050p1

**Effectiveness of Occupation-Based Interventions to Improve Areas of Occupation and Social Participation After Stroke: An Evidence-Based Review**
Timothy J. Wolf; Adrianna Chuh; Tracy Floyd; Karen McInnis; Elizabeth Williams
*Am J Occup Ther.* 2015;69(1):6901180060p1
Mental Practice–Triggered Electrical Stimulation in Chronic, Moderate, Upper-Extremity Hemiparesis After Stroke
Stephen J. Page; Peter Levine; Valerie Hill
Am J Occup Ther. 2015;69(1):6901290050p1

Differences in Quality of Life Outcomes Among Depressed Spinal Cord Injury Trial Participants
Denise G. Tate, Martin Forchheimer, Charles H. Bombardier, Allen W. Heinemann, Holly D. Neumann, Jesse R. Fann

An occupational therapy intervention for residents with stroke related disabilities in UK care homes (OTCH): cluster randomised controlled trial
Catherine M Sackley, Marion F Walker, Christopher R Burton, Caroline L Watkins, Jonathan Mant, Andrea K Roalfe, Keith Wheatley, Bart Sheehan, Leslie Sharp, Katie E Stant, Joanna Fletcher-Smith, Kerry Steel, Kate Wilde, Lisa Irvine, Guy Peryer, on behalf of the OTCH trial investigators
BMJ 2015;350:h468
http://www.bmj.com/content/350/bmj.h468?etoc=

How is self-management perceived by community living people after a stroke? A focus group study
Ton Satink, Edith H. C. Cup, Bert J. M. de Swart, and Maria W. G. Nijhuis-van der Sanden
Summary

Attending to biographical disruption: the experience of rehabilitation following tetraplegia due to spinal cord injury
John A. Bourke, E. Jean C. Hay-Smith, Deborah L. Snell, and Gerben DeJong
Disability and Rehabilitation 2015, Vol. 37, No. 4: 296-303.
Summary

Physical inactivity post-stroke: a 3-year longitudinal study
Dorit Kunkel, Carolyn Fitton, Malcolm Burnett, and Ann Ashburn
Disability and Rehabilitation 2015, Vol. 37, No. 4: 304-310.
Summary

Functional independence measure scores predict level of long-term care required by patients after stroke: a multicenter retrospective cohort study
Naoki Saji, Kazumi Kimura, Goro Ohsaka, Yasuto Higashi, Yoichi Teramoto, Masanobu Usui, and Yasushi Kita
Disability and Rehabilitation 2015, Vol. 37, No. 4: 331-337.
Summary

The impact of poor sleep on cognition and activities of daily living after traumatic brain injury: A review
Catherine Duclos, Marie-Pascale Beauregard, Carolina Bottari, Marie-Christine Ouellet and Nadia Gosselin
Australian Occupational Therapy Journal, February 2015, Volume 62, Issue 1, (pages 2–12)

Rehabilitation for post-stroke cognitive impairment: an overview of recommendations arising from systematic reviews of current evidence
David C Gillespie, Audrey Bowen, Charlie S Chung, Janet Cockburn, Peter Knapp, and Alex Pollock
Clin Rehabil February 2015 29: 120-128
Abstract

Occupational Therapy Practice

Supervision of Occupational Therapy Level II Fieldwork Students: Impact on and Predictors of Clinician Productivity
Rebecca Ozelle; Janet Janow; Corinne Kreutz; Mary Kate Mulry; Ashley Penkala
Am J Occup Ther. 2014;69(1):6901260010p1
Factors Predicting Client Satisfaction in Occupational Therapy and Rehabilitation
Melba G. Custer; Ruth A. Huebner; Dana M. Howell
Am J Occup Ther. 2015;69(1):6901290040p1

Performance-Based Testing in Mild Stroke: Identification of Unmet Opportunity for Occupational Therapy
M. Tracy Morrison; Dorothy F. Edwards; Gordon Muir Giles
Am J Occup Ther. 2015;69(1):6901360010p1

The performance quality rating scale (PQRS): reliability, convergent validity, and internal responsiveness for two scoring systems
Rose Martini, Jorge Rios, Helene Polatajko, Timothy Wolf, and Sara McEwen
Disability and Rehabilitation 2015, Vol. 37, No. 3: 231-238.

Summary
Development of a new tool to evaluate work support needs and guide vocational rehabilitation: the Work-ability Support Scale (WSS)
Joanna K. Fadyl, Kathryn M. McPherson, Philip J. Schlüter, and Lynne Turner-Stokes
Disability and Rehabilitation 2015, Vol. 37, No. 3: 247-258.

Summary
Psychometric properties of an instrument to measure activities and participation according to the ICF concept in patients with mental disorders
Anna Levke Brütt, Holger Schulz, and Sylke Andreas

Supporting new graduate professional development: A clinical learning framework
Cate Fitzgerald, Alis Moores, Allison Coleman and Jennifer Fleming
Australian Occupational Therapy Journal, February 2015, Volume 62, Issue 1, (pages 13–20)

Definitions of occupational balance and their coverage by instruments
Mona Dür, Julia Unger, Michaela Stoffer, Răzvan Drăgoi, Alexandra Kautzky-Willer, Veronika Fialka-Moser, Josef Smolen, and Tanja Stamm
The British Journal of Occupational Therapy January 2015 78: 4-15

Abstract
Sustaining professional identity in practice following role-emerging placements: Opportunities and challenges for occupational therapists
Channine Clarke, Marion Martin, Richard de Visser, and Gaynor Sadlo
The British Journal of Occupational Therapy January 2015 78: 42-50

Abstract

Paediatrics

Non-pharmacological management of problematic sleeping in children with developmental disabilities
Karen Spruyt and Leopold M G Curfs

Factors associated with physical activity in children and adolescents with a physical disability: a systematic review
Manon A T Bloemen, Frank J G Backx, Tim Takken, Harriet Wittink, Joyce Benner, Jurgen Mollema and Janke F de Groot
International Classification of Functioning, Disability and Health Core Sets for children and youth with cerebral palsy: a consensus meeting
Veronica Schiariti, Melissa Selb, Alarcos Cieza and Maureen O'Donnell

Can a lifestyle intervention programme improve physical behaviour among adolescents and young adults with spastic cerebral palsy? A randomized controlled trial
Jorrit Slaman, Marij Roebroeck, Annet Dallmijer, Jos Twisk, Henk Stam, Rita Van Den Berg-Emons and Learn 2 Move Research Group
Developmental Medicine & Child Neurology, Volume 57, Issue 2, February 2015, (pages 159–166)

Characteristics associated with physical activity among independently ambulant children and adolescents with unilateral cerebral palsy
Louise E Mitchell, Jenny Ziviani and Roslyn N Boyd

Postural control at 4 years in very preterm children compared with term-born peers
Lucy E Lorefice, Mary P Galea, Ross A Clark, Lex W Doyle, Peter J Anderson and Alicia J Spittle

Sensory Integration and Praxis Patterns in Children With Autism
Susanne Smith Roley; Zoe Mailloux; L. Diane Parham; Roseann C. Schaaf; Christianne Joy Lane; Sharon Cermak
Am J Occup Ther. 2014;69(1):6901220010p1

Efficacy of a Crisis Intervention in Improving Mother–Child Interaction and Children's Play Functioning
Amiya Waldman-Levi; Naomi Weintraub
Am J Occup Ther. 2014;69(1):6901220020p1

Sensory Processing Disorder in Children Ages Birth–3 Years Born Prematurely: A Systematic Review
Anita Witt Mitchell; Elizabeth M. Moore; Emily J. Roberts; Kristen W. Hachtel; Melissa S. Brown
Am J Occup Ther. 2014;69(1):6901220030p1

Psychometric Properties of the Young Children's Participation and Environment Measure
Mary A. Khetani, James E. Graham, Patricia L. Davies, Mary C. Law, Rune J. Simeonsson

“It’s fun, but …” Children with cerebral palsy and their experiences of participation in physical activities
Katarina Lauruschkus, Eva Nordmark, and Inger Hallström
Disability and Rehabilitation 2015, Vol. 37, No. 4: 283-289.
Summary

Psychosocial functioning in children with neurodevelopmental disorders and externalizing behavior problems
Disability and Rehabilitation 2015, Vol. 37, No. 4: 345-354.
Summary

Exercise reduces the symptoms of attention-deficit/hyperactivity disorder and improves social behaviour, motor skills, strength and neuropsychological parameters.
Kamp CF, Sperlich B, Holmberg HC.

Self-reported quality of life of adolescents with cerebral palsy: a cross-sectional and longitudinal analysis
Allan Colver, Marion Rapp, Nora Eisemann, Virginie Ehlinger, Ute Thyen, Heather
Lancet 2015; 385: 705–16
Surgical/Bariatric/Amputees

Postural Control in Response to Altered Sensory Conditions in Persons With Dysvascular and Traumatic Transtibial Amputation
Prasath Jayakaran, Gillian M. Johnson, S. John Sullivan

People with lower limb amputation and their sexual functioning and sexual well-being
Jesse Elisabeth Verschuren, Jan H. Geertzen, Paul Enzlin, Pieter U. Dijkstra, and Rienk Dekker

Vision/Hearing Loss

Mobility, satisfaction with functional capacity and perceived quality of life (PQOL) in older persons with self-reported visual impairment: the pathway between ability to get around and PQOL
Polly Yeung, Andy Towers, Steven La Grow, Michael Philipp, Fiona Alpass, and Christine Stephens
Disability and Rehabilitation 2015, Vol. 37, No. 2, 2015: 113-120.

Acquisition of Visual Perception in Blind Adults Using the BrainPort Artificial Vision Device
Amy C. Nau; Christine Pintar; Aimee Arnoldussen; Christopher Fisher
Am J Occup Ther. 2014;69(1):6901290010p1

Physical activity practice among children and adolescents with visual impairment – influence of parental support and perceived barriers
Márcia Greguol, Erica Gobbi, and Attilio Carraro
Disability and Rehabilitation 2015, Vol. 37, No. 4: 327-330.

Wheelchair Use/Driving Assessment

Well-being, health and fitness of children who use wheelchairs: Feasibility study protocol to develop child-centred 'keep-fit' exercise interventions
Thomas D. O'Brien, Jane Noyes, Llinos Haf Spencer, Hans-Peter Kubis, Rhiannon T. Edwards, Nathan Bray and Rhiannon Whitaker

What information is provided in Australian emergency departments about fitness-to-drive after mild traumatic brain injury: A national survey
Anne Baker, Carolyn A. Unsworth and Natasha A. Lannin

Determining fitness to drive: A systematic review of the methods and assessments used after mild traumatic brain injury
Anne Baker, Carolyn A Unsworth, and Natasha A Lannin
British Journal of Occupational Therapy February 2015 78: 73-84
Abstract

Driving with homonymous visual field loss: Does visual search performance predict hazard detection?
Matthew Smith, Callum D Mole, Georgios K Kountouriotis, Catharine Chisholm, Bipin Bhakta, and Richard M Wilkie
British Journal of Occupational Therapy February 2015 78: 85-95
Abstract

Sarah Lanceley
A new approach to the assessment of cognition in drivers: Applying the multiple errands test for use in a simple parking exercise
Abstract

Predictive validity of the Montreal Cognitive Assessment (MoCA) as a screening tool for on-road driving performance
Jade Chiu Wai Kwok, Isabelle Gélinas, Dana Benoit, and Gevorg Chilingaryan
British Journal of Occupational Therapy February 2015 78: 100-108
Abstract

Using Social Judgment Theory method to examine how experienced occupational therapy driver assessors use information to make fitness-to-drive recommendations
Carolyn Unsworth, Priscilla Harries, and Miranda Davies
British Journal of Occupational Therapy February 2015 78: 109-120
Abstract

On-road driving assessment and route design for drivers with dementia
Angela H Berndt, Esther May, and Peteris Darzins
British Journal of Occupational Therapy February 2015 78: 121-130
Abstract

Reliability of P-drive in occupational therapy following a short training session: A promising instrument measuring seniors’ on-road driving competencies
Paul Vaucher, Cyndia Di Biase, Emma Lobsiger, Isabel Margot-Cattin, Bernard Favrat, and Ann-Helen Patomella
British Journal of Occupational Therapy February 2015 78: 131-139
Abstract

News items

From COT News:

Lack of meaningful activity in care homes can signal wider neglect
Thursday 19th February 2015
Councils in England have been tasked to provide meaningful and person-centred activities in care homes to ensure they meet their safeguarding responsibilities.

Occupational Therapists keep the pressure off A & E
Wednesday 11th February 2015
Occupational therapists have made a dramatic impact on the length of hospital stays in Sheffield, reducing the average wait for discharge ward from 6 days to 6 hours.

Fellows and Merit awards announcement
Tuesday 10th February 2015
Fellowship Awards 2015
The award of Fellowship is the highest honour COT can bestow on members of the British Association of Occupational Therapists in recognition of exceptional service and outstanding contribution to the profession.

**HCPC seeks six occupational therapists for key regulatory roles**
Monday 2nd February 2015
The Health and Care Professions Council (HCPC) is seeking six HCPC registered occupational therapists to become panel members.

**Royal visit to 'shine a light' on 50 years of Occupational Therapy education in Wales**
Thursday 29th January 2015
Fifty years of occupational therapy education, which has helped thousands of Welsh people living with health and social issues to get on with their everyday lives, will be officially celebrated this week (Thursday 29th January) by a visit by HRH, The Princess Royal, Patron of the College of...

**British Journal of Occupational Therapy moves online**
Thursday 15th January 2015
The British Journal of Occupational Therapy (BJOT) has moved online, building its reputation as one of the world’s leading academic journals for the profession. The monthly peer-reviewed journal will be published by SAGE Publications, a leading independent academic and...

- See more at: [http://www.cot.co.uk/news#sthash.gRzBCXu4.dpuf](http://www.cot.co.uk/news#sthash.gRzBCXu4.dpuf)

**Evidence updates**

**From NICE Eyes on Evidence:**

**Community-based palliative care teams**
A retrospective cohort study in Canada reported that use of specialist community-based palliative care teams was associated with fewer hospital admissions and more deaths at home among terminally ill people.

**Department of Health publications**

**Guidance: Ebola: advice for allied health professionals in secondary care**
13 February, 2015 at 04:27pm
[Updated: Updated guidance.]
Guidance and advice for allied health professionals in secondary healthcare settings who encounter patients with Ebola virus disease (EVD).

**Guidance: Ebola: advice for allied health and social care professionals in community settings**
13 February, 2015 at 04:27pm
[Updated: Updated guidance.]
Guidance and advice for allied health and social care professionals who encounter patients with Ebola virus disease (EVD).

**Websites**

![Access the care homes toolkit](attachment://access.png)
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