SAM Splints

GENERAL NOTES:
1) SAM splints MUST be well molded to be effective. Take the time to remove ALL pressure points.
2) Generally mold splint on yourself first then adapt to patient.
3) The blue foam is slightly thicker than the orange. IF the splint is to be in place for more than an hour or two add additional padding; a heavy-weight hiking sock is ideal. Mold first then pad.
4) Each extremity splint has a specific place to START wrapping and a specific way to CONTINUE wrapping for maximum comfort & stability.
5) A non-stretchy cloth roll cut from a T-shirt is the standard for improvising effective SAM splints.
6) Coban may be used in place of a cloth roll; DO NOT STRETCH. Coban is difficult to reuse.
7) A SAM splint makes an extremely effective splint for: neck (C-collar), wrist, forearm, ankle, and knee.
Improvized Cervical Collar

NOTES:
1) Use if patient is sitting, standing, in recovery position, or with single rescuer during PAS if spine MOI is present.
2) A C-collar is an adjunct; it does NOT replace hands-on-stable.
3) Pad with a sock if the collar will remain in place during an evacuation.
4) An effective and padded improvised SAM splint C-collar is generally more comfortable and better tolerated than a commercial collar.
Mold SAM into a stirrup, pad with a pair of socks, and apply to outside footwear. Front edge of splint MUST at least meet back of ball of patient’s foot.

Start wrapping at patient’s ankle using figure 8.

Anchor bottom of splint first—back to front—using overlapping figure 8s.

...until entire split is well anchored.

Then wrap up leg until the entire lower leg is secured.

Split ends, knot, and tie.

UNSTABLE ankle SAM splint

NOTES:
1) Patient MUST pull up on the splint as it is being anchored with the overlapping figure 8 wraps.
2) This is NOT a walking splint.
3) May require two cloth rolls.
STABLE ankle SAM splint

NOTES:
1) Place insole between foot and SAM splint. Protect edges of patient’s foot from friction blisters.
2) Patient MUST pull up on the splint as their foot is inserted into their footwear. Laces may need to be removed; footwear may need to be cut.
3) This is a walking splint for a STABLE ankle injury.
4) Remove pack and assist over uneven terrain; patient’s balance will be affected.
Cut SAM in half

...and cover with sock.

Start wrapping at knee

...then wrap down to secure lower leg.

Fold top over to accommodate leg bend and continue wrapping.

Tuck end in to secure it

...and wrap with a second cloth roll using the same format.

Split ends, knot, and tie.

SAM Knee Splint

NOTES:
1) It’s important to offset splint towards the hip a few inches as the final folds over the upper leg effectively lower the final splint length. When complete the splint should be centered over the patella.
2) May be used for a stable or unstable knee injury.
3) Always requires two cloth rolls.
Start wrapping at wrist

...then wrap towards elbow

Mold around your forearm & size to patient.

Roll under from fold

...and cover & pad with sock.

Bring elbow to mid-range position

Cut tails and tie in back.

...and buddy splint to body using T-shirt.

Split ends, knot, and tie.

Thumb can be in or out.

...and then back down arm to include hand and first set of knuckles.
Jelly Roll Splints

GENERAL NOTES:
1) Use only stiff pads. A self-inflating pad will work if uninflated.
2) Fold or loosely roll pad towards center. DO NOT roll tightly.
3) Make sure edges meet in the center of the pad. DO NOT create a “space” for the limb.
4) Compress the pad while strapping.
5) The strapping order is EXTREMELY IMPORTANT.
6) When complete the folds should sandwich the limb evenly without “tacoing”.
7) The jelly Roll splint is NOT an effective walking/self-evac splint. It works VERY well for unstable ankles and knees. While it may be used to splint an entire lower leg, a sandwich splint is generally a better option.
Jelly Roll Ankle Splint

NOTES:
1) This is NOT a walking splint.
2) It’s VERY IMPORTANT to keep the edges of the rolls close together so the sides of the leg & ankle are well supported by the rolls one each side.
3) The strapping order is EXTREMELY IMPORTANT. Strap the ankle first, the top of the upper leg next, and pad below the foot last.
Jelly Roll Knee Splint

NOTES:
1) Align the center of the splint with the patient’s patella.
2) Add a soft pad (sock roll works well) under the knee to support it; slightly bend the knee for comfort.
3) The upper leg is significantly larger than the lower leg and the roll MUST be adjusted so the folds are aligned with the bones throughout the length of the splint. Order is EXTREMELY IMPORTANT. Anchor the lower part of the roll first, then spread the folds on the upper leg and anchor it next. The two center straps are last.
4) This is NOT a comfortable walking splint.