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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Cricket Pad Splint

Application and care advice



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Purpose of the cricket pad splint

- Provide protection
- Fix the knee in extension (straight position)
- Restrict certain movements such as twisting or bending

The cricket pad splint is worn on the leg for injuries or surgeries involving the knee joint, distal (furthest part away from the body) femur or proximal (closest end to the body) tibia.

The cricket pad splint will be sized and fitted by a trained professional. Your consultant or physiotherapist will tell you how long you will need to wear the cricket pad splint.

Dependent on your type of injury or the reason you are to wear the splint, you may be referred to a physiotherapist to guide you through your rehabilitation and advise you on further management. You may also be reviewed by the orthopaedic team as an outpatient.

Application of your cricket pad splint:

1. Place the brace under your leg with the wider part of the brace around your thigh.



2. Line up your knee with the semi-circular openings on either side

Hygiene

You cannot wash with your brace on, as it cannot get wet. To wash your leg place it on the bed or a stool so it is supported in a straight position. Unfasten the straps and wash with a flannel or wet wipes. Ensure the skin is dry before reapplying the splint.

What to look out for when wearing your brace:

- Skin irritation
- Red marks
- Swelling
- Increased pain, numbness or tingling

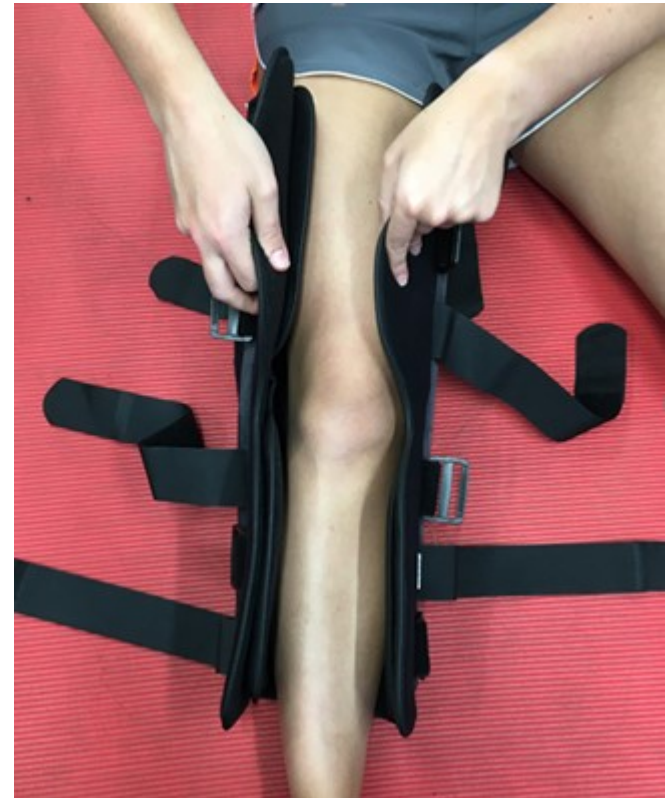
If the splint is causing skin irritation, ensure it is fitted correctly and use appropriate padding or dressings to protect the skin.

For any skin breakdown or further concerns please contact your practice nurse or GP

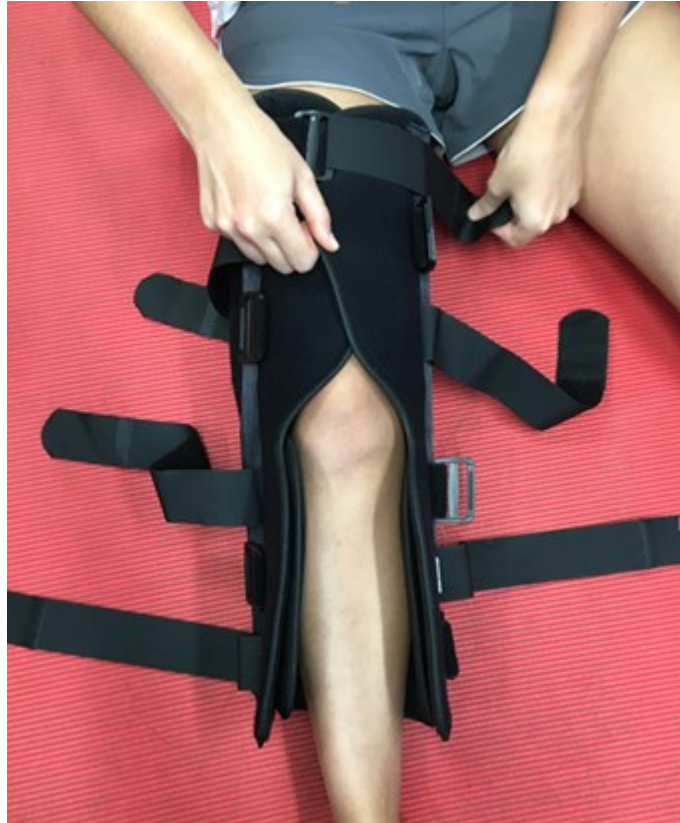
Elevation advice

When sitting down elevate your leg on a stool or chair for comfort and to minimise swelling

3. Pull the sides together to meet in the middle



4. Fasten the strap nearest to you



5. Fasten all the other straps



You need to ensure each strap is not too tight, you can check this by putting a finger under the strap. If you are unable to get a finger under the strap it is too tight.

When you stand and move the splint may slip down. Please readjust and tighten as necessary.