

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

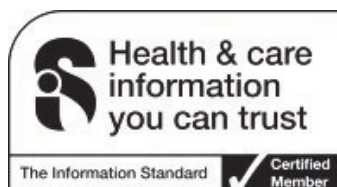
Freephone: 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 65412 or 62301

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

www.nuh.nhs.uk



If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 67184.

The Trust endeavours to ensure that the information given here is accurate and impartial.

How to adjust your Taylor Spatial Frame

Information for patients

Division of Surgery

**Orthopaedic Trauma
Elective Orthopaedics**

This document can be provided in different languages and formats. For more information please contact:

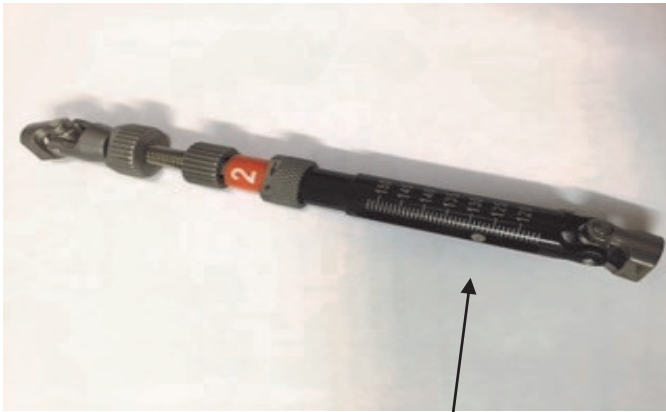
Trauma Nurse Practitioner
Queen's Medical Centre
Tel: 0115 9249924 ext. 62472

Introduction

During your treatment, sometimes your consultant will decide that adjustments need to be made to the struts on your frame so that the bones can be gradually moved into the best position. Your consultant and nurse practitioner will demonstrate how to do this by turning the struts.

Adjusting the struts

Below is a diagram of a numbered strut on your Taylor Spatial Frame:



Each strut has a numbered scale. The silver marker on the scale is set to a number by your Consultant during the operation.

Useful Contact Numbers (8am-5pm Mon-Fri)

Frame Nurse Practitioner	07875165691
Trauma Nurse Practitioner Office	(0115) 924 9924 ext: 62472 (answerphone)
Trauma Co-ordinator	07713096964
Fracture Clinic	(0115) 924 9924 ext: 61037 (plaster room)

Consultant Secretary

Weekends contact the trauma co-ordinator number above (9-5pm)

Out of hours problems attend your local Urgent Care Centre or the Emergency Department

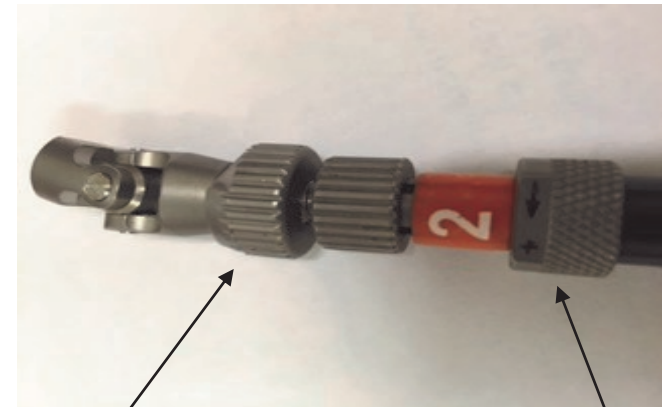
And finally...

Daily use your 10mm spanner to ensure the bolts holding the strut to the ring are tight. The struts should be able to move freely but if the bolts attaching them become loose, the strut will fall off. If this occurs re-attach and tighten with your spanners. Contact your frame Nurse Practitioner or one of the contact details given in this booklet if a problem.

If you require further support or advice during your frame adjustments, contact the team as soon as possible.

How do I turn each strut?

Each strut has a plastic number either 1, 2, 3, 4, 5 or 6 (see diagram below). The turner with a + and - sign above the numbered scale turns each strut. To turn the strut to a higher number, turn in the '+' direction and to a lower number, turn in the '-' direction. The locking bolt will need to be unscrewed before turning the adjustment turner then screw back down again



Locking bolt

Adjustment turner

Example of a strut turn 'prescription chart'

Prescription								
Date	WkDay	Day	Strut 1	Strut 2	Strut 3	Strut 4	Strut 5	Strut 6
04/21/16	Thu	0	118 ^a	118 ^b	118 ^c	115 ^a	115 ^a	115 ^b
04/22/16	Fri	1	119	119	119	116 ^f	116	116 ⁱ
04/23/16	Sat	2	120	120	120	116 ^f	116	117 ⁱ
04/24/16	Sun	3	120	120	120	117 ^f	117	117 ⁱ
04/25/16	Mon	4	121	121	121	118 ^f	118	118 ⁱ
04/26/16	Tue	5	122	122	122	118 ^f	118	119 ⁱ
04/27/16	Wed	6	123	123	123	119 ^f	119	120 ⁱ
04/28/16	Thu	7	123	123	123	119 ^f	119	120 ⁱ
04/29/16	Fri	8	124	124	124	120 ^f	120	121 ⁱ

Day 0 identifies the starting positions of all your struts. The position set in surgery. If this isn't your first strut turn prescription then day 0 should be set at the final day positions on previous strut turn chart. Check correct before commencing.

At times you may come to the end of a numbered scale on the strut. If this occurs, stop turning all struts and a new strut size will need to be inserted.

Contact your nurse practitioner or further contacts at the end of this booklet if you require a strut change before your next clinic appointment.

Pain control

The adjustment process can sometimes cause a dull ache or be painful depending on the amount of adjustment required. Therefore take pain killers during this time. If your current painkillers do not control the pain, contact your GP for a medication review. It may mean that you need your painkillers adjusting.

If you are moving more than 2 positions on the strut and it is painful, break it down into positions of one across the day. This will help with controlling the pain.

If a day's turns becomes too painful, turn all struts back to the previous day's position and turn again later in the day or the following day.

If you suddenly experience pain that is not controlled after the day's adjustment, the bone is more prominent to the skin or you are concerned with the shape of your limb, stop all turns and contact the frame team. For urgent assistance out-of-hours come to the Emergency Department.