

Section: Division of Nursing
Approval: _____

PROCEDURE

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HACKETTSTOWN REGIONAL MEDICAL CENTER

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OR
(Scope)

TITLE: YELLOWFINS STIRRUPS, INSTRUCTION FOR USE OF

PURPOSE: To outline the procedure for properly utilizing Yellow Fins Stirrups.

SUPPORTIVE DATA: The Yellowfins Stirrups Surgical Table Accessories are designed to be used during any surgical procedure, which requires the lithotomy position.

EQUIPMENT LIST: Yellow Fins Stirrup Cart (located in OR)
Yellow Fins Stirrups
Two attachment clamps

CONTENT:

PROCEDURE STEPS:

1. The Yellowfins Stirrups mount to the table rails using the rail clamps supplied.
2. Locate clamps adjacent to patient's hip joint.
3. Obtain adequate help to place both legs into the stirrups simultaneously. To adjust for patient leg length, loosen boot lock handle and gently slide boot up or down the bar, slightly flexing the knees. When satisfied with the position retighten the bootlock handle. Secure the bootstraps.
4. For surgery handle: Reposition the stirrups by squeezing the upper handle and release handle together. When you have reached the desired degree of lithotomy and/or abduction, simply release the handle.

KEY POINTS:

The rail clamps should be kept on the Yellowfins cart.

The boots are marked (on the bottom) for the patients left and right.

Always place legs into stirrups simultaneously to avoid hip joint stress. The ankle, knee and opposing shoulder should be maintained in a relatively straight line during positioning. For a typical patient, the thigh and foot are abducted a approximately the same angle.

Whenever practical, a patient should be placed in the stirrups prior to anesthesia. As alert patient can communicate normal range of motion limitations and to some extent such patient's opposing muscles will guard against abnormal joint movement and stretching.