

What do I need to check for whilst the cast is on?

Once a day, check your child's toes to make sure that all 5 toes are visible, warm to touch, and normal size with no swelling.

During the period your child is in plaster if you have any concerns during working hours (8.30-16.30) you can call the paediatric physiotherapists on **01483 464153**. If it is out of hours, contact A&E and ask them to remove it then contact the physiotherapists the following day.

Reference source

Sandwell and West Birmingham Hospitals NHS Trust – Serial Casting, information and advice for parents and carers.

This leaflet was written by the paediatric physiotherapy team. If you have any questions prior to your child's casting please do not hesitate to contact us on **01483 464153**.

Contact details

We hope this information has been helpful to you. If you require further information, please call:

Physiotherapy Department: 01483 464153

Hascombe Ward: 01483 464071

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

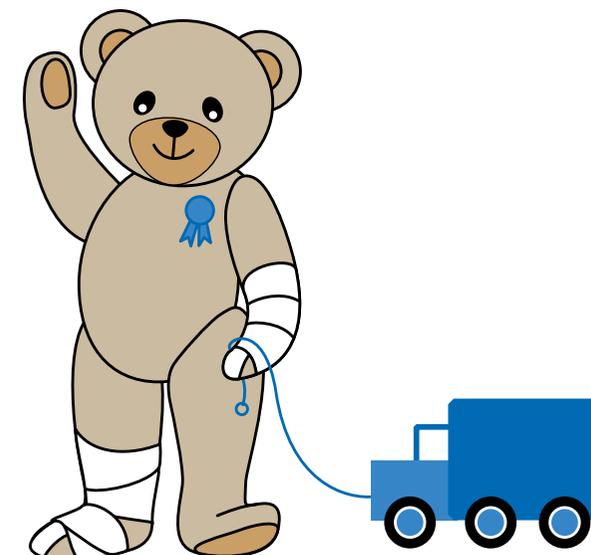
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Serial casting – advice to parents

Physiotherapy Department



Patient information leaflet

The aim of this leaflet is to provide parents of children to be treated by serial casting with information they may need to understand the treatment.

What is serial casting?

Serial casting uses weekly plaster casts to stretch soft tissue (e.g. muscles in the calf) for an extended period of time. Common areas to cast are the feet, the ankles and the knees. This is done by applying a series of casts to gradually improve the child's range of movement. Your child may need serial casting for 2-8 weeks. The number of casts necessary depends on improvement over time.

Why has serial casting been recommended for my child?

The aim of serial casting will be different for each child. The aims should be discussed with your physiotherapist prior to starting serial casting but may include:

- To increased passive range of movement.
- To improve gait (walking pattern).
- As a treatment before or after Botox injections (which may be used to treat high tone in your child's muscles).
- To improve tolerance of orthotics (devices which may be used to support or correct your child's feet/ankle positions).

How does the process begin?

An assessment should be made by your physiotherapist and the aim of serial casting discussed with you.

A series of appointments should be made with the therapist in charge of the serial casting, ideally made for the same day each week.

We aim to do the serial casting early morning as it is carried out in the plaster room and this gets very busy when clinics are on. The ideal time is 8.45am. The session will last about 1 hour.

What happens on the day?

We ask you to bring some shorts for your child that you don't mind getting wet and possibly some plaster on (it does all wash out!).

We usually ask your child to lie on their tummy to apply the cast. It is therefore difficult for them to see and if they start to twist around it can affect the position, so we ask that your main job is distraction. Please bring any distractions or toys that will keep your child amused.

We do some stretches before putting on the cast but nothing about the process should be painful.

We apply a stocking and padding under the cast and then use a combination of plaster of paris (good for moulding) and fibreglass (good for strength). Your child can choose the colour of the fibreglass.

The initial setting time whilst we are holding the cast is 5 minutes but we do ask that you limit your child's activity for an hour.

What happens once the cast is on?

We provide you with a plaster boot but you may want to invest in some big socks to go over the cast to keep your child's feet warm. At home, your child may benefit from a pair of non slip socks as the fibreglass can be slippery.

Your child will be able to walk, play and go to school with the cast on, but may struggle to take part in P.E sessions, run or jump. They will be unable to go swimming.

The plaster does need to stay dry but you can invest in a protective cover and we give you details once your child has the cast on.

Don't ever put anything down your plaster...even if it gets itchy. You may damage the skin and create a sore patch. Tap the outside or use a cold setting on a hair dryer.

You may be given some exercises to do whilst you are in the casts.