

# Lower-Extremity Casting

## Serial Casting

*Serial Casting is a process involving repeated cast applications to the ankle or knee for the following reasons:*

- Improve joint range of motion and alignment
- Prepare for use of splints or orthoses
- Promote functional movement

Because it takes time for the body to adapt, patients may experience an average of 6-8 weeks of casting. Individual needs dictate more or less.

### *Individual Approach*

At the initial visit, an assessment including range-of-motion, movement and precautions (ex. skin sensitivities) is completed. A plan is then made to determine casting technique and materials. Visits vary in length of time based on age, number of casts, and accommodations needed for positioning or walking.

**Every effort is made to promote a positive experience with the casting intervention.**

However, the following are possible:

- Muscle spasm
- Skin sensitivities or sores
- Swelling

Because of this, contacts and instructions are provided to allow for prompt cast removal.



## Follow-Up and Post-Cast Management

*After a few weeks of casting, an appointment is typically made with the referring physician.*

**Issues usually discussed include:**

- Tolerance to the casting
- Estimate for continuing the casts
- Post-cast management (ex. bracing, exercises, outpatient therapy)

*Casting is discontinued when goals are achieved or if change is not occurring.*

**Family members are important to the casting program in these ways:**

- Participation during the casting
- Establish goals
- Monitor casts between visits
- Attend scheduled appointments

**For more information:**

**Call Us:** 605.791.7400 for an appointment or details

**Toll-Free:** 800.584.9298, Ext. 7400 **Visit:** LifeScapeSD.org



SCAN ME