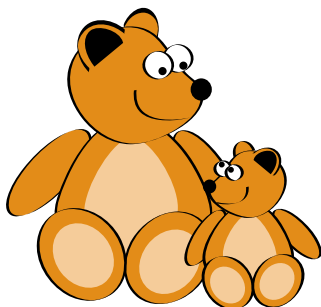


Childrens

Physiotherapy



**Serial Casting
Information Leaflet**

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Little Horton Lane
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Tel. 01274 365612



Serial Casting

Serial casting is a way to stretch the calf muscles and gain movement at the ankle. How it works:

You and your child will attend the Plaster Room on level 0 at Bradford Royal Infirmary.

We will apply a lightweight plaster cast. The cast takes 10 - 20 minutes to put on and your child can walk in it after 30 minutes. Your physiotherapist will discuss with you how long your child will need to wear the cast.

The period of time varies from child to child and can be as little as 5 days or as long as 6 weeks.

A shoe will be supplied to fit over the cast and should be worn at all times when walking.

The cast may be changed weekly or every two weeks. When the final cast is removed a splint may be applied if recommended by your physiotherapist.

The procedure does not hurt and your child will be able to walk, play and function as normal as well as participate in normal school activities.

Once You Get Home

Regularly check his/her toes. Be sure they are pink in colour, warm to the touch, and a normal size with no swelling. Do this 2 - 3 times on the evening following application of the cast and then once everyday.

The cast can be taken off quickly at any time should your child have any of the following problems: your child's toes become blue, cold, numb, swollen, or blistered; complaints of tingling, burning or pain.

If you have any of these problems, contact Bradford Royal Infirmary Plaster Room immediately during office hours (Monday to Friday 8.30 a.m to 5.00 p.m) on 01274 364174. When ringing at any other time, please contact the Accident and Emergency Department on 01274 364015. Any other concerns, please contact your physiotherapist on 01274 365612.

Do not interfere with the cast in any way or place any objects down the cast.

Keep the toes and cast dry at all times. This means no bathing or showering. And, when outside, avoid mud and puddles!

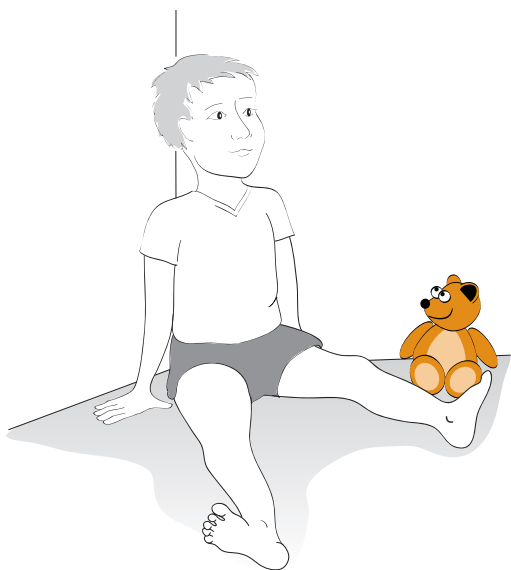
Once the cast is removed, your child may not be able to balance well. Please be careful when walking until he or she is more steady.

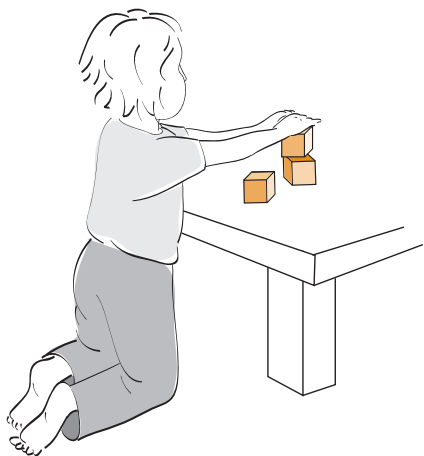
Practice the following four exercises every day, as instructed by your physiotherapist.

Daily Exercises

① Sitting

Sit leaning against a wall or settee with your bottom well back and your legs as straight as possible. Try to stay there for about 15 minutes. You can watch the T.V. or read, for example, while in this position.





② Kneeling

Play or draw while kneeling at a coffee table. If your feet are uncomfortable put a rolled towel under them.



③ Single leg standing

Practice standing on the leg in the cast. You could kick a ball with your other leg.

④ Sit-to-stand

Sit on a hard chair or step. Stand up without using your arms 10 times.

School Advice

The pupil's leg is not broken but the tendon behind his / her heel is a little tight. He / she is having a series of casts applied to the foot in order to stretch the tendon. The casts will be changed regularly. It is very important that the pupil takes weight on his / her legs as normal as this is how the cast will stretch the muscle.

Do's

Encourage the pupil to stand and walk as usual with cast shoe on. Carry on with all the normal activities within your pupil's capabilities but don't allow the cast to get wet. Report any discomfort to the parents and / or physiotherapist as soon as possible as the cast may need to be removed quickly. Once the cast is removed, the child may not be able to balance well. Please be careful when walking.

Don'ts

Do not let the cast get wet at all, so no playground play if it is wet outside, and if playing at the water tray, extreme care must be taken to protect the cast.

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