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 3-4 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.

LifeScape

Creating Pathways. Improving Lives.

For more information:

- **Call Us** at 605.444.9700 for an appointment or details.
- **Toll-Free** 800.584.9298
- **Visit** LifeScapeSD.org/services/therapy

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