

Serial Casting

Serial casting is a procedure used to stretch and lengthen muscles. You may have shortened muscles due to limited movement, muscle tightness or increased muscle tone.

Caring for your cast

- Don't get the cast wet. Be careful with excessive sweating, daily showers and rainy days.
- Don't stick any objects inside the cast. This can create pressure areas on the skin.
- For leg casts, wear the appropriate shoe as instructed by your physiotherapist.
- Check your circulation daily. Press on the nail – it should turn white then return to normal colour within two seconds. Repeat for each toe or finger.

Symptoms you may feel while wearing the cast

- Mild stretching/cramping causing mild discomfort. This is most common in the first 1-2 days of cast being on and is part of the muscle lengthening.
- Minor itchiness may come and go, or may be related to a skin reaction to one of the casting materials. Please advise your physiotherapist if you have had previous reactions to bandaids/bandages or have any other concerns.

Symptoms you SHOULD NOT feel/have:

Symptom/s	Management Strategy
Moderate/severe pain from pressure or rubbing inside the cast or persistent burning pain	For moderate pain try elevating the arm/leg and use pain relief. If pain persists remove as per below. For severe pain remove the cast as per instructions below.
Numbness/pins and needles	Elevate arm/leg, check circulation by pressing on the nail – it should turn white then return to normal colour within two seconds. If the problem persists, refer to the cast removal instructions below.
Foot/toes becoming white/blue	
Foot unusually cold	
Swollen foot/toes	
Wet cast from immersion in water	If completely wet on interior, remove cast as per below instructions.
Persistent itchiness	Try knocking on the cast. Do not put any objects down into the cast. If itchiness persists and is concerning, remove cast as per below.

Cast removal instructions:

- **Soft Cast:** Remove the cast by carefully unwrapping it and then removing the padding materials underneath the cast.
- **Hard Cast:** Do not try to remove the cast yourself as this requires a special cast removal saw. If the cast requires early removal, contact your physiotherapist. If the cast needs to be removed urgently contact your GP or present to your local Emergency Department. If it is not an emergency but you have concerns about any of the above information, contact the Rehabilitation Physiotherapists on Ph: 4433 2624.

