

# Lower Extremity Casting

## Outpatient Physical Therapy

**S**erial 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.

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.

**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

**Please contact the Children's Care Rehabilitation Center admissions coordinator at 782-2379 with questions regarding this program.**



**CHILDREN'S CARE**  
REHABILITATION CENTER

1020 W. 18th St., Sioux Falls, SD 57104 • (605) 782-2400  
FAX: (605) 782-2401 • [www.cchs.org](http://www.cchs.org)