

Quick Cast Card

Indication	Typically in the pre-operative period prior to definitive management of unstable or grossly swollen lower limb fractures.
Upper Limit	2-3 fingers distal to groin crease
Lower Limit	Base of toes
Position	Ankle in neutral and flexed to 90°, knee slightly flexed (approximately 10° - 15°)



Gather materials:

- Soffban
- Measured plaster slab and struts
- Plaster sheers
- Crepe bandage
- Lukewarm water bucket
- Knee rest (optional)
- Folded blanket
- Brown tape

Clean the skin gently with soap and warm water and gently dry.

Applying the cast:

The slab is measured from 4 fingers below the gluteal crease to the base of the toes along the posterior aspect of the limb.

- The first layer of padding should wrap around the limb in two complete rotations prior to advancing the roll, creating 2 layers of padding at the proximal most aspect.
- Inspect padding for gaps, and fill in thin spots with softban strips.
- Concertina the slab and submerge it in the bucket of lukewarm water for 5 seconds.
- Remove the slab from the bucket, extend it to its full length and remove excess water.
- Apply measured backslab to the limb starting 1-2 fingers below the upper limit of the padding and gently mould as you extend down towards the toes.
- Cut any excess slab that extends beyond the toes rather than folding.
- Apply the measured struts medially and laterally along the foot, covering the malleoli and extending up the leg.
- Fold the softban edges smoothly over the backslab.
- Gently mould the slab over the ankle and sides of the knee.
- Overwrap with crepe bandage.
- Tape the crepe edges with brown tape and apply an additional strip anteriorly and medially down the length of the cast to prevent rolling.
- Place the cast on pillows and also to dry for 20 minutes.

Discharge:

- Have your cast checked by a credentialed nurse.
- Discharge with crutches and cast care information and on appropriate cast related pressure injury prevention bundle.
- Consider an OT/PT referral.**