

Quick Cast Card

Indication	<ul style="list-style-type: none">• Distal femoral fractures• Unstable lower limb fractures• Proximal tib +/- fib fractures• Knee injuries
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
- Plaster of Paris rolls
- Plaster slab and struts
- Plaster sheers
- Lukewarm water bucket
- Knee rest (optional)
- HPS input
- Wedge or folded blanket

- Clean the skin gently with soap and warm water and gently dry.
- The slab is measured from 4 fingers below the gluteal crease to the base of the toes along the posterior of the leg. The slab is then cut double the length and folded in half for double thickness. Cut long sided triangles to cover the ankle both medially and laterally.

Applying the cast:

- 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.
- Apply measured backslab to the limb starting on the proximal aspect of the leg 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.
- Laminate the layers together with the flats of your hands by rubbing the plaster in a circular motion.
- Apply the plaster rolls, starting 3 fingers from the upper limit of the softban.
- The first layer of plaster should complete two full rotations directly over each other prior to advancing the roll down the limb. Unroll the plaster, taking care not to pull excessive tension as it is advanced down the leg.
- The first layer of plaster roll should be concertinaed over the knee to create additional strength.
- Continue to advance the roll in circumferential wraps down the lower leg to the base of the toes.
- Fold the padding edges smoothly over the first layer of plaster.
- Apply a second layer of plaster roll starting proximally and terminating at the base of the toes, this time wrapping circumferentially over the knee.
- Laminate the layers together with the flats of your hands by rubbing the plaster in a circular motion.
- Place the cast on pillows and allow 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.