

## Quick Cast Card

Indication	<ul style="list-style-type: none"><li>• Stable distal tib +/- fib fractures</li><li>• Foot fractures</li><li>• Malleoli fractures not involving the growth plate</li></ul>
Upper Limit	2 fingers distal to the popliteal fossa
Lower Limit	Base of toes.
Position	Ankle in neutral, child lies on stomach with knee at 90° or with foot held by casting assistant.



**Consider a moonboot in lieu of a plaster whenever appropriate.**

### Gather materials:

- Soffban
- Plaster of Paris rolls
- Plaster slab measured
- Lukewarm water bucket
- Knee rest (optional)
- Plaster sheers

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

### Preparing the slabs:

- The slab is measured from 4 fingers below the gluteal crease to the base of the toes along the ventral aspect of the limb.
- Cut a slab double the length then folded in half to double the thickness, using plaster slab wide enough to cover the child's malleoli when applied.

### Applying the cast:

- Apply softban padding. 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.
- Apply measured backslab to the leg starting on the proximal aspect. Gently mould as you extend down towards the base of the toes.
- Cut any excess slab that extends beyond the toes rather than folding.
- Apply the measured struts medially and laterally to the foot, covering the malleoli and extending up the leg.
- Apply the plaster rolls, starting 2-3 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 leg. Unroll the plaster, taking care not to pull excessive tension as it is advanced terminating at the base of the toes.
- Fold the padding edges smoothly over the first layer of plaster.
- Apply a second roll of plaster.
- Laminate the layers together with the flats of your hands by rubbing the plaster in a circular motion.
- 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.**