

How to Transfer Your Child in a Hip Spica Cast

Learn how to use the two-person stand-pivot technique

Follow these steps to safely move your child from the bed to the wheelchair using the help of two people.

1. Put on the belt

Place a transfer belt around the waist of your child's cast. Place the belt end through the teeth part first, and then pull snugly.

2. Prepare for transfer

- If you are lifting from a hospital bed, raise the head of the bed about 20 degrees and lower entire bed to its lowest setting.
- Place wheelchair parallel to the bed with the back of the wheelchair facing the head of the bed.
- If you can, place the wheelchair at the side of the bed next to your child's uninvolved leg.
- Lock the brakes on the wheelchair.

3. Sit your child up

Have one person lift under the child's shoulders and the other hold the transfer belt and support under the involved leg (see the picture below). Both people work together and pivot the child to a semi-sitting position at the edge of the bed/wheelchair.

4. Complete the stand-pivot transfer

- One person holds the transfer belt with one hand and supports under the involved thigh with their other hand. Tell the child it is time to stand and have her push to stand with her uninvolved leg.
- Lean your child forward and help them into a standing position.
- Now help them pivot to the wheelchair/bed and slowly lower to the wheelchair/bed.
- The second person can help you move your child to a comfortable position in the wheelchair/bed.

To move your child back to bed from the wheelchair, raise wheelchair seat back up as much as is comfortable for your child and follow step 4.



To Learn More

- Physical Therapy
206-987-2113
- Ask your child's healthcare provider
- www.seattlechildrens.org

Safety tips

- Give your child clear directions as you go.
- Keep your knees bent and stay close to your child.
- Do not let your child grab your neck. Have your child hold onto the wheelchair or bed for support.
- Do not allow your child to ***put*** their full weight on the involved leg.

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2000, 2009 Seattle Children's, Seattle, Washington. All rights reserved.

08/09
PE315