

How to Move Your Child in a Hip Spica Cast

Your child's doctor has placed a fiberglass body cast called a hip spica on your child. This type of cast is used to correct common hip problems. Follow the instructions below to help safely move your child from the bed to a wheelchair.

What equipment will I need?

- Free-standing trapeze
- Hospital bed – helpful but not required
- Reclining wheelchair – set to the flat position
- Draw sheet – bed sheet folded in half and placed under your child's shoulders, trunk and hips.

What are the steps for moving my child?

1. Set the bed level, so you will be lowering your child into the wheelchair.
2. Slide the trapeze into position directly over your child in bed.
3. Move your child to the edge of the bed, as far as is safely possible. Do this by asking your child to do a pull-up on the trapeze. At the same time, you lift with the draw sheet your child is lying on.
4. Move the trapeze out from under the bed.
5. Put the wheelchair as close as possible and sideways to the bed. Lock the brakes. Remove the armrest and leg rest closest to the bed.
6. Reposition the trapeze, so your child can reach it and pull to move toward the wheelchair. Slowly lower your child into the wheelchair.
7. To get your child back into bed, reverse the process. Make sure the bed is as low as possible, so you lower and not raise your child into bed.

How can I be careful of my back?

- At first, moving a child should be done with two people. After your child gets used to moving, you may be able to do it with only one person.
- To transfer your child to the wheelchair, have one person at the head and shoulders and another at the hips. Lift your child with the draw sheet, while they help lift with the trapeze. Slowly lower your child into the wheelchair.
- Be sure to lift from your legs, bend your knees, and keep your back straight. Get as close as possible to your child while lifting.
- Your child should work on arm strength by doing pull-ups in bed with the trapeze.

To Learn More

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

Free Interpreter Services

- In the hospital, ask your 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.



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.

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