

Serial Casting

Serial casting is a process of using a cast to stretch the calf muscles over a period of time. New casts are applied every 3 to 4 days.

How active can my child be in the cast?

Your child:

- Can walk on the cast by the end of the appointment today.
 - Should not be very active the first day. This will reduce muscle soreness. They should walk short distances today.
 - Can be very active after the first day. Running is OK.
 - Must wear the cast shoe at all times when standing, walking and running. This will prevent slipping and falling.
 - May have trouble sleeping the first night.
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How do I take care of the cast?

Do's

- **Keep the cast dry at all times.** If it gets wet, it must be removed within 24 hours.
 - If your child's leg is itchy or hot, try using a hair dryer on the cool setting.
 - It is okay to decorate the cast with permanent markers or pens.
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Don'ts

- Your child cannot swim or take a bath with the cast. Give your child sponge baths while they are in the cast.
 - Have your child avoid walking in puddles, wet grass or snow.
 - Do not stick any items down inside the cast.
 - Avoid letting your child play in sand or wood chips. Put a sock or plastic bag over the cast if this is a concern.
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When should I call the therapist or hospital?

During the week, call the clinic anytime the cast gets wet or if your child:

- Starts limping or will not walk on the cast
- Feels numbness or tingling
- Has swollen, very cold or blue toes
- Has pain that is confined to one area, is constant — especially during the day — or keeps them up at night.

On evenings and weekends, take your child to an emergency department if the cast needs to be removed.

To Learn More

- Physical 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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