

Serial Casting

Improving Joint mobility

What is serial casting?

Serial casting is a series of fiberglass casts put on a limb such as an arm or a leg to slowly improve the function and mobility of a joint.

How is this done?

The joint is stretched as far as you feel comfortable. The fiberglass cast is put on to keep this stretched position. The cast helps the muscles and tissues to stretch over a long period of time. The cast is then removed and a new one is put on every 3 to 10 days in a further stretched position. The entire process could take 2 to 4 weeks to reach the target joint range.

Does it hurt?

Serial casting might hurt a little when we put your cast on because we are stretching the muscles. Tell the nurse if your pain does not go away, and they will check for signs of swelling or pressure areas under the cast. If you still feel pain, we might need to remove the cast and put on a new one with a different position.

Can I take medicine for the pain?

The doctor can give you pain medicine. Tell the nurse if you have any pain.

Is there a chance of problems?

Pressure sores, swelling and circulation problems could happen with serial casting. These are serious problems. We must watch closely after a new cast is put on. The nurses and therapy staff will monitor your cast.

Tell your nurse right away if you see or feel any of the following:

- pain
- swelling
- skin changing colour
- numbness
- the cast moved

What can I do to help?

- Keep the cast dry
- Support the cast on pillows when in bed. This will help with swelling or circulation issues.
- Get up and move around each day as recommended by therapy staff.
- Tell the nurse if you have any pain.