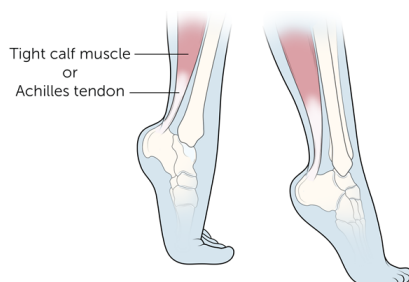


Paediatric Serial Casting for Toe walking

What is Serial Casting?

Serial casting is a common treatment for the management of children who walk on their toes. It works by keeping the tight muscle (calf muscles) in a stretched position for a prolonged period of time. On your first visit you will have a cast applied to your leg below the knee and covering the ankle and sometimes toes. This cast will be checked after a week and maybe changed to a new one to increase the stretch. This will continue for up to 8 weeks depending on how tight the muscle initially is and how well it responds to stretching. Following this you may also be provided with night splints to wear overnight once the cast has been removed.



Why would I need this procedure?

- When you are unable to get your foot flat to the floor when walking and stretches have failed to make an improvement.
- Prior to the consideration of surgery to ensure all conservative treatments have been exhausted.

What to do if following the cast application there is constant pain that doesn't resolve after a few days?

If you feel the pain is unmanageable after a few days or does not ease with painkillers please attend your local casting department. If out of hours they will remove the casts in the A+E department. Then book you into the plaster room or Orthopaedic department (0300 131 5564).

What are the potential risks and side effects?

- Pain from stretching
- Rubbing – blisters, sores, sweaty macerated feet
- Dry skin
- Itching

What are the expected benefits of treatment?

To be able to walk with flatter feet and to continue with normal activities.

What should I do before I come into hospital?

Make sure that the legs are clean and dry and that you wear loose fitting trousers or shorts that will easily fit over a cast.



Will I have an anaesthetic?

No

What should I do when I go home?

You may need to take some pain relief initially but should find this will ease in time.

How soon will I be able to resume normal activities?

You will be able to still walk with the casts on but we recommend not to take part in PE, sports or to swim. When bathing please ensure the cast is covered.

Will I have to come back to hospital?

Yes for change of and removal of casts and then normally to see physiotherapy for stretches after the casts.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

<https://www.childrens.health.qld.gov.au/fact-sheet-serial-casting-lower-limb/>

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

<https://www.childrens.health.qld.gov.au/fact-sheet-serial-casting-lower-limb/>

The following clinicians have been consulted and agreed this patient information:

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The directorate group that have agreed this patient information leaflet:
Community Health and Integrated Care (CHIC)

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