

Children's Questions Answered

What should I wear to clinic?

We recommend that you wear shorts or a skirt above the knees so that we can assess your gait. We suggest bringing loose trousers with you so that these can be pulled on over the serial cast as well as large bed socks to go over the casts and keep your toes warm

How long will the cast be on?

You will have a serial cast on for a total of 4 weeks. The cast will be changed every Thursday afternoon.

What can I do while I am in the cast?

You should be as active as possible, so the cast gives you a good stretch. Just be careful when running around that you do not trip. You are able to go to school and can even join in with PE.

What can I not do while I am in cast?

You cannot get the serial cast wet, so no proper baths whilst wearing the plaster and avoid puddles

Contact Us

If you require any further information, having issues with cast or your child is unable to attend an appointment, please telephone the Orthotics Department in Stirling Community Hospital.

Please do not hesitate to contact the Orthotics office and speak to either Deborah, Agnes or Catherine.

Office hours Monday - Friday 8.30am - 4.30 pm

Telephone number **01786 434062 Press 1**

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Orthotics Department



Advice on Serial Casting Following Botox Injection



Advice for parents and
carers

Your Orthotist is

Information About Serial Casting

Serial Casting Appointment

You will receive an appointment by post inviting you and your child to attend the serial casting clinic, on a Thursday afternoon. This appointment will be 10 days after you have received your injection.

The clinic is run in Stirling Community Hospital in the Rehab Hub. The clinic appointment usually takes 1 hour.

Please bring a book/ toy or phone that you child can use whilst lying that would be useful.

You will get 5 appointments. 4 appointments are for gait analysis, measurements and serial casting while the last one is just for the final gait analysis and measurements.

What is Serial Casting?

- Serial casts are made from softcast and applied over padding to your child's leg. They will be changed on a weekly basis over 4 weeks.
- Serial casts are used to give a prolonged stretch to muscles and tendons that have become tight.
- After Botox the muscle is relaxed, and this helps us achieve a better stretch.
- The serial cast will hold the ankle and foot in a stretched position for a week.
- The aim is to improve the stretch each week by applying a new cast.
- Children who walk the casts can help re-educate their gait.

What Happens at the Appointment?

In the clinic there will be an Orthotist and Physiotherapist

1. Gait analysis (only if your child walks independently or uses a walker). We like to see your child walk in the clinic room in bare feet while we complete a short gait analysis. If walking up and down our room is too hard then we may take a quick video of their gait so we can fill in the assessment form.
2. Your child will lie on the bed and we will take measurements of the range of motion in their lower limb.
3. We apply the serial cast while your child is lying on their stomach, but if this is difficult we can look at alternatives

How do we put on a Serial Cast?

1. Your child will lie on their tummy if possible
2. A stockinette layer is pulled on from their knee to their toes.
3. We then wrap them up in soft padding.
4. Additional padding can be added to areas that rub easily.
5. Then the soft cast gets put into water.
6. We start to wrap the bandage round your child's leg/foot, this will take several bandages.
7. While the Orthotist is wrapping your child's leg, the physiotherapist will be holding the foot in the best position and maintaining the stretch.
8. The cast takes about 15 minutes to dry.
9. Once dry, a cast sandal will be provided.
10. Your child can then walk and play as normal.



Removal of Cast

Please remove the cast at home the night before you and your child come back into clinic. The cast can be unwrapped. Once the cast has been removed your child can go into a moderate temperature bath and wash their feet. Please do not let your child scratch their leg and if moisturiser is required, make sure that it is not perfumed.

Risks of Serial Casting

Sometimes children can experience the following side effects

- Allergy – rash, itching
- Circulatory problems – colour change, swelling.
- Pressure sores
- Blisters
- Pins and needles
- Skin breakdown

If your child is experiencing any of the above issues remove the serial cast immediately and then phone us for advice. Please do not go to A&E to get the cast removed, please just unwrap it.

What happens after serial cast?

Your Physiotherapist will be aware that you have had Botox injection and serial casting so they will appoint you for a review.

Your Orthotist may have cast you for a new AFO while doing your child's serial casting. If this happened, then you will be fitted with the new AFO at the final appointment. If your child did not need a new AFO, your child should just go back into their AFO or night splint.