

Physical Therapy Post-Casting:

- Stretching
- Strengthening
- Night splints
- Functional mobility training



Serial Casting requires skillful clinical management. It is one type of physical therapy and is not appropriate for everyone.

Your Physical Therapist will work with you and your child's doctor to ensure the best outcome for your child.



For more information or questions regarding Serial Casting, please contact
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Genesis Pediatric
Therapy- Coralville
Serial Casting



What is Serial Casting?

Serial casting is a conservative treatment technique that uses a series of casts worn for 3-4 days and reapplied weekly to stretch muscles for a prolonged period of time in order to improve gait and posture.



Conditions (not limited to):

- Cerebral Palsy
- Idiopathic Toe Walking
- Duchenne Muscular Dystrophy
- Spasticity
- Decreased ROM
- TBI
- Spina Bifida
- Pigeon Toe (pictured above)

Contraindications:

- Decreased skin integrity
- Decreased patient and caregiver safety and cognition
- Decreased tolerance
- Allergic reaction
- Lack of sensation

Expected Outcomes:

- Increased passive ROM of ankle dorsiflexion (at least 5-10 degrees)
- Increased passive ROM of knee extension (at least 10 degrees)
- Improved tolerance to passive manual stretching of affected extremity following each cast
- Improved bone alignment

Goals of Serial Casting:

- Increase PROM
- Prevent complications of deformity
- Allow future use of orthotics
- Increase level of functional mobility

Case Study

Patient Diagnosis: Mild CP

Patient Age: 8 years old

Casting: Series of 7 casts

Before:

Patient was unable to walk with heel down on right foot.



After:

Patient is able to walk with both feet flat.

