

Information for Patients

**How to Look after your
Soft/Scotch Cast**

Physiotherapy Service

What is a cast?

A cast is a personalised supportive device to help stretch or support a joint as part of your rehabilitation plan.

Why have I been given a cast?

Casts are used to improve or maintain range of movement at a joint - for example to stretch a part of your body, to stabilise a joint or to reduce pain.

When should I wear my cast?

Your physiotherapist will advise and agree with you when to wear your cast and for how long. Often this timeframe increases as you become used to wearing it. An individual casting regime will be set up for you, to record daily use and changes for you or your carer to monitor, will be listed on it as appropriate.

Changes to watch out for

Please check your skin after you take the cast off for any unusual signs such as:

- Excessive swelling
- Pain or visible discomfort
- Skin irritation or rash
- Cast rubbing on skin and causing reddened areas lasting more than 10 mins after removal of cast
- Limb feeling cold, numb or pins & needles
- Skin discolouration or inflammation
- Excessive stiffness

If you think the cast has caused any of these problems, either ask for it to be removed or stop wearing it and please contact your Physiotherapist.

What should I do if there is a problem with my cast?

If it breaks or needs reviewing, please contact your Physiotherapist. Please note that the shape of your splint can be affected by direct heat / sunlight, a hot radiator or excessive moisture.

Any other questions?

If you have any other queries about your cast, please contact your physiotherapist

Name: _____

Contact No: _____

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