

**“SHORT ARM CAST” PRACTICAL EXAMINATION  
COMPETENCY ASSESSMENT SHEET (Form 1B)**

**NAME:** \_\_\_\_\_

**EVALUATOR:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Upper Extremity Casting Technique – Short Arm Cast**

**Time allotted = 15 minutes**

Patient Position and Preparation	Exceeds Standards	Meets Standard	Approaching Standard	Does Not Meet Standard
Seated or standing (arm in position of function when possible)	3	2	1	0
Extremity is clean and free from dirt/debris	3	2	1	0
Rings, bracelets, and/or other appliances have been removed from hand and wrist area	3	2	1	0
Pre-application check – neurovascular status	3	2	1	0
<b>Padding / Stockinet Technique</b>				
for patient arm size (2" or 3")	3	2	1	0
Selects appropriate stockinet to reach above elbow to fingertips / allows proper fold back	3	2	1	0
Thumb hole cut 6" from distal end (1/2")	3	2	1	0
Appropriately cuts and places "Gumby" with hand/finger openings	3	2	1	0
Starts wrapping padding around the distal end of extremity	3	2	1	0
Provides proper padding through web space	3	2	1	0
Applies sufficient layers of padding in palm area (2-3 layers)	3	2	1	0
Continues rolling padding directly up arm in spiral maneuver overlapping ½ the distance of preceding layer - padding ends before antecubital space, per MD orders	3	2	1	0
Continues back down arm with "flattening tire" technique to control firmness of cast	3	2	1	0
<b>Fiberglass Application</b>				
Selects 2" or 3" fiberglass appropriate for patient size	3	2	1	0
Starts along dorsal wrist & covers Gumby edge in circular fashion to create anchor effect	3	2	1	0
Positions cast tape distal to base 1 <sup>st</sup> MCP jt. and continues with "pinch & wave" AND/OR "cut" technique through web space	3	2	1	0
Applies appropriate layers through web space for adequate coverage	3	2	1	0
Continues rolling around hand/wrist complex (4-5 layers)	3	2	1	0
Maintains fiberglass roll against arm in circular turns up the arm to proximal end point	3	2	1	0
Rolls two (2) additional layers at the proximal edge	3	2	1	0
Continues roll in spiral fashion towards wrist; ½ coverage	3	2	1	0
<b>Lamination and Molding Techniques</b>				
Adequately sprays cast with water and properly laminated fiberglass	3	2	1	0
Performs "Palmer" / "Inter-osseous" / "Proximal Triangular" mold techniques	3	2	1	0
<b>Support and Neatness</b>				
Application control wrist flexion, extension, ulnar/radial deviation	3	2	1	0
Allows for full thumb & finger ROM along with limited forearm rotation	3	2	1	0
Minimizes extremity "pistoning" within cast	3	2	1	0
Maintains good circulation to the fingers/thumb – post application neurovascular check	3	2	1	0
<b>Removal / Extrication Principles</b>				
Uses marker and "zip stick" between stockinet & padding to indicate lines for removal	3	2	1	0
Uses up/down motion straight into dorsal and volar aspect of cast (no blade dragging)	3	2	1	0
Opens cast and slides fiberglass application away from patient	3	2	1	0
Checks for skin damage and cleans extremity	3	2	1	0

**SKILL POINTS:** \_\_\_\_\_ / 81

**Comments:**

Date Submitted to ASOP: \_\_\_\_\_