

### **Short arm cast**

the basics which is 60% of most casting today.

Gumby at the thumb. Stockinet (the good and bad = use poke-a-dots.)

Padding at ends of cast (bumpers), as well as controlling the tightness of the cast through padding. Proper rolling of fiberglass, do not pull on your fiberglass.

General positioning. (Talk to your doctor, PA or ARNP.) Molding (Body fossa molding and why)

Things to check for before and after casting & cast care instructions. Patient education is one of the most important things we can do on everything we do!

**Cast Removal** Safety concerns. Zip sticks. Cast Cutter blade changes, maintenance

**Long Arm casts and types of fractures.** Review of short arm technique / padding etc.

Angle of elbow during casting, & proper angle when you are finished. Molding at the bicep and triceps.

### **Thumb Spica casting**

Evaluation of your patient, and X-Rays. Positioning (Always ask your provider.) Long arm cast vs. short. casting vs. splinting. Pros and cons. Position of wrist, hand, and phalanges.

### **Short leg cast**

Using the proper tools, and why. "Flip Casting Stand." →Padding and using your figure eights.

What position your patient needs to be in. (Unless there is a medical reason otherwise.)

Molding is the key here.

### **Practice time**

**Ulnar gutter** can be demonstrated and practiced. Students now have time to practice an additional 2 or 3 casts.

Books & important info you will need for Exam: 1) ASOP's study manual's on our web site as PDF & look for our email after class. 2) Practical Fracture Treatment by Dr Ronald McRae visit [www.buyfordeals.com](http://www.buyfordeals.com) then click on the Amazon link. 3) Fracture Casting & Bracing by Dr Augusto Sarmiento [www.castingworkshop.com](http://www.castingworkshop.com) 4) Allow 1 week for your CERTIFICATE & Other materials to arrive by email 5) ASOP office Charlie Barocas email [cbarocas@asop.org](mailto:cbarocas@asop.org).