

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

NAME: _____

EVALUATOR: _____

Date: _____

Upper Extremity Casting Technique – Long 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 – rings/bracelets etc removed	3	2	1	0
Pre-application check – neurovascular status	3	2	1	0
Padding / Stockinet Technique				
Stockinet should reach axilla to fingertips to allow for proper fold back (as proximal as possible)	3	2	1	0
Cuts opening in antecubital space and olecranon process	3	2	1	0
Thumb hole cut 6" from distal end (1/2")	3	2	1	0
Applies Gumby in position accordingly through finger and hand	3	2	1	0
Flexes elbow slightly past 90°	3	2	1	0
Starts wrapping padding around the distal end of extremity / webspace / padding palm	3	2	1	0
Continues rolling padding directly up arm in spiral maneuver overlapping 1/2 the distance of preceding layer	3	2	1	0
Continues back down arm and cuts stockinet at wrist and folds back palmar crease	3	2	1	0
Folds/rolls stockinet back around the base of the thumb/fingers/deltoid area	3	2	1	0
Fiberglass Application				
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 st MCP jt. and continues with "pinch & wave" AND/OR "cut" technique through web space	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 to 3-4 finger breadths below crease	3	2	1	0
Returns roll in spiral fashion towards wrist; 1/2 coverage	3	2	1	0
Starts new roll fiberglass – maintain flexed elbow 90°	3	2	1	0
Continues casting proximally along upper humerus (overlapping)	3	2	1	0
Casts above belly of biceps or higher (anatomy dependent/MD preference)	3	2	1	0
Continues final layer (overlapping 1/2 distance) returning to the base of thumb	3	2	1	0
Cast maintained 90° elbow flexion	3	2	1	0
Lamination and Molding Techniques				
Adequately sprays cast with water and properly laminated fiberglass	3	2	1	0
Performs "Lateral" mold technique [shaped by thumb and fingers palm]	3	2	1	0
Performs "Medial" mold technique [flat opposing hand applies counterforce to lateral mold]	3	2	1	0
Support and Neatness				
Application control wrist flexion, extension, ulnar/radial deviation	3	2	1	0
Allows for full thumb & finger ROM	3	2	1	0
Removal / Extrication Principles				
Maintains control of cast saw with one finger on cast at all times	3	2	1	0
Uses up/down motion straight into cast (no blade dragging)	3	2	1	0
Cuts through ulnar and radial aspects / medial and lateral humeral borders)	3	2	1	0
Checks for skin damage and cleans extremity – post application neurovascular check	3	2	1	0

SKILL POINTS: _____ / 100

Comments: