

The Key Steps to Our Casting Technique

(these are directions for casting the right foot)

1. With the Hip, Knee and Ankle at 90 degrees, center the casting box under the foot. It is essential that you place the box in line with their natural angle and base of gait. In other words, do not attempt to correct their angle and base of gait when casting.
2. Once you have the foot centered and aligned, THEN have the patient assist you by abducting the knee and thigh about FIVE inches. While they are doing that, with your left thumb under their Navicular, invert their entire foot until their ankle reduces. In other words invert the foot until there is no ankle valgus or varus or so that the is "neutral or straight".
3. While maintaining the foot in a relatively supinated position by keeping your thumb under the navicular so as to control the arch of the foot, gently rock the knee back to a point where it is directly over the ankle. This is done without letting the arch fall or having the foot pronate.
4. Now, place your right hand on the patient's right knee and push directly down on the knee until the heel is fully bottomed out into the foam.
5. Next, push the five toes down into the foam until they are fully bottomed out. This action relaxes the planter-fascia so that it is not tensioned during the rest of the process. Note: The met heads will obviously be pressed down in the process but will not be fully bottomed out at this point. You will fully bottom them out in step #7 below.
6. Now move to the middle of the fifth met shaft and push down the foot laterally with your finger tips, moving from the middle of the fifth met shaft to the end of the fifth toe. Note: do not press proximal to the middle of the fifth met shaft as this will collapse the patient's lateral arch if they possess one.
7. Now fully bottom out each met head. As you have just fully bottomed out the fifth met head, continue medially with the fourth, the third, the second and most importantly the first!
8. At this point you need to ensure that you have correctly and fully bottomed out the heel, the lateral foot and the met heads. To quickly check that this is in fact the case, quickly repress the lateral foot and over each individual met head. This is a very important step!
9. Lastly, while FIRMLY holding the first met head down, with your left hand, quickly thrust the ankle from Dorsal Medial to Plantar Lateral with your right hand. This thrust, which takes literally one second, simply reseats the heel and helps to further define the proximal medial arch.
10. Do the pen test: Place the tip of your pen in the center of the first & fifth met heads and the center of the heel, ensuring that they are very close to the same thickness of foam. You MUST touch the bottom of the box with the tip of the pen for this to be accurate. They all should be about 1/8th to 3/16th inches deep. By definition, a fully bottomed out foot means that the foam is less than 1/4 inch under the first met head, the fifth met head and the heel. If the foam at these points is any thicker than 1/4 inch, gently place the foot back into the foam and press down over the insufficiently bottomed out areas. You would then redo the pen test as necessary after re-bottoming the foot.
11. Pack the cast with THREE paper towel wads in BOTH feet, (to protect the foam) before shipping and place the foam cast into a protective mailing sleeve that the lab has provided you.