

SERIAL CASTING OF THE LOWER EXTREMITY FOR PEDIATRIC PHYSICAL THERAPISTS

Course Description

This is an intermediate level course, introducing casting to the practicing physical therapist. History, indications, and contraindications for serial casting will be presented along with current research and treatment techniques. The course will review the specific diagnoses of cerebral palsy and idiopathic toe walking, and how serial casting is incorporated into the plan of care for these diagnoses. We will also cover evaluation skills for serial casting, establishment of plan of care with goal setting, and the role of pediatric rehabilitation. Clinical decision making in ambiguous situations is discussed with case studies. Extensive lab portion is included for demonstration of casting, holding, cast removal, and performance of casting with both fiberglass and soft cast materials.

Course Schedule

Day 1

8:00-8:30 Casting Terminology and Indications

8:30-9:30 CP and Spasticity

9:30-10:30 Toe Walking

10:30-10:45 Break

10:45-12:00 Serial Casting Evaluation

12:00-1:00 Lunch

1:00-2:00 Casting Materials/Supplies

2:00-2:30 Demonstration

2:30-4:00 Lab

Day 2

8:00-9:30 Demonstration

9:30-10:45 Lab

10:45-11:00 Break

11:00-12:15 Lab

12:15-1:15 Lunch

1:15-2:30 Lab

2:30 – 4:00 Case Studies, Discussion

About the Instructors

Lisa Davison, PT, MPT

**Board-Certified Clinical Specialist in
Pediatric Physical Therapy**

Lisa has worked in a variety of pediatric settings, including hospital-based outpatient, inpatient, home health, private outpatient, public school districts, and preschool for children with cerebral palsy. Lisa has been serial casting for 18 years and is proficient in orthotic intervention for a variety of diagnoses. She has lectured at local university PT programs in the areas of pediatric orthotics, serial casting, and cerebral palsy. She also has experience teaching local continuing education courses in serial casting.

Julie Horton, PT, MSPT

**Board-Certified Clinical Specialist in
Pediatric Physical Therapy**

Julie has worked in a variety of facilities including adult inpatient/outpatient and hospital based and private outpatient pediatric facilities across the country. Julie is proficient with orthotic management and has been serial casting for 10 years. She manages a serial casting program which includes the competency training of PT staff in serial casting. She has previously taught continuing education courses in serial casting.

Course Objectives

1. Able to state indications, contraindications, cast care, and relative precautions for serial casting.
2. Able to determine when bivalved casting is appropriate, and to incorporate into a night splint regimen where applicable.
3. Perform serial casting evaluation
4. Understand the use of pharmacological and surgical interventions with casting.
5. Utilize clinical decision-making skills to set appropriate goals for casting, problem solve during casting course, determine when casting should be discontinued, and determine the need for outside referral.
6. Able to state the forms of cerebral palsy, how they impact function with respect to range of motion and how to negotiate a plan for serial casting.
7. Able to state the causes and results of idiopathic toe walking, current treatment approaches, and the role of serial casting.
8. Able to reference current research and treatment methods regarding use of serial casting.
9. Able to state materials required for serial casting and indicate appropriate use.
10. Able to apply and remove a fiberglass and soft cast correctly and safely.

REGISTRATION INFORMATION

- Early Bird Registration \$400
- Standard registration \$425
- Class size limited to 15 participants

This course is approved by the OPTA for 13.5 CEUs

Interested in hosting this course?

**Please contact us at lisadavisonpt13@gmail.com or
julieannhorton@hotmail.com**