

Serial Casting

First Visit: Legs/Ankles

Children's of Alabama
McWane Outpatient





I am going to Children' s of Alabama to get casts for my legs.
These casts will help stretch the muscles in my legs that I use to walk.
This story will tell me more about my visit.



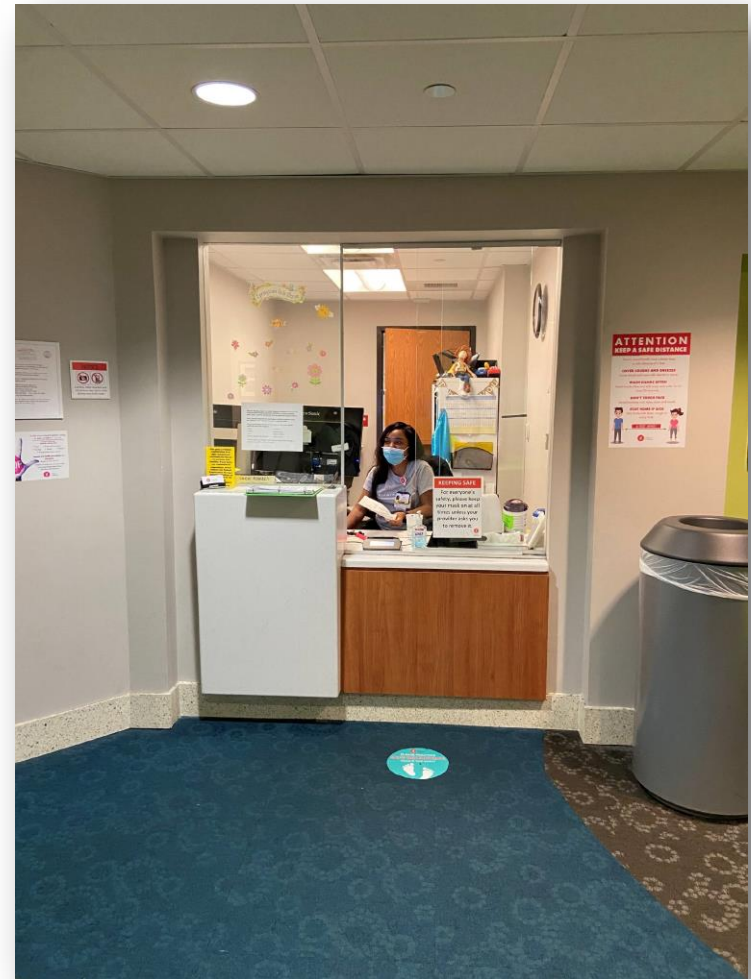
When I arrive, my family and I will park in the parking deck.



We will walk across the cross walk.



My family and I will take an elevator to the 3rd floor.



When we get to the 3rd floor, my family and I will check in at the desk.



I will get a bracelet with my name.
I will wear this bracelet on my wrist.



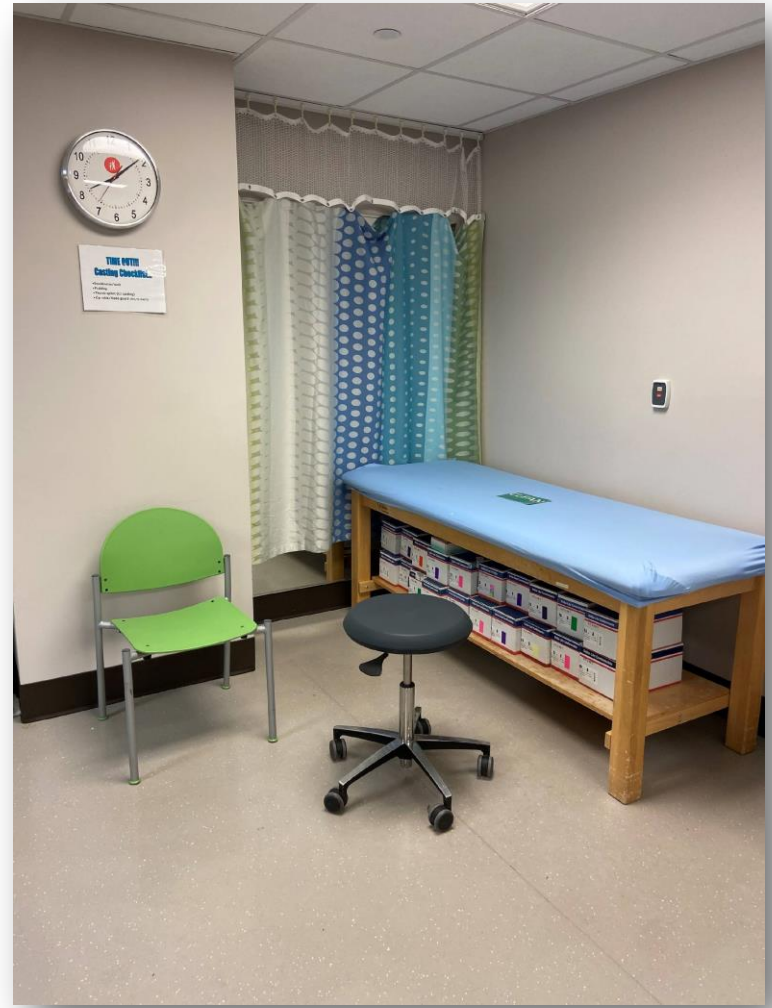
I will sit calmly in the waiting room until my name is called.



I may see different people and hear different sounds.

Some sounds may be loud.

If the sounds are too loud, I can ask for headphones to cover my ears.



When my name is called, my family and I will walk with a Physical Therapist down the hall to a room like this.



First, the Physical Therapist will measure parts of my legs and ankles.

I will lay on my tummy like this.



The Physical Therapist will measure with my leg bent and laying flat.



The Physical Therapist will wash my feet using soap, water, and a rag.

This may feel ticklish on my feet.

My job is to stay still.



I will pick a color for my cast.



The Physical Therapist will place a soft sock called a stockinette on my legs and feet.



Next, he/she will wrap a thin cotton around my legs and feet.

This will help protect my legs and feet, and make my casts more comfortable.



The Physical Therapist will also use white foam padding, grey foam padding and a bumpy cotton wrap for extra padding.

Now I am ready for my casts.



The physical therapist will wrap a white cast around my legs first.



Next he/she will wrap the colored cast around my legs.

My casts will start out soft but will dry hard.



This is what my casts will look like.



I will practice walking in my new casts.

I will tell the Physical Therapist how my new casts feel.



When my visit is over, my family and I will walk down the hall to leave.



All done



I am all done.

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)