



Head to Foot Orthotics.

Low Temperature Thermoplastic Wrist Cast.



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is a thermoplastic wrist cast for?

To act like a plaster cast and provide stability to a fractured bone, soft tissue injury or unstable joint, whilst allowing removal if given permission by your doctor.

Putting On

- In some instances a sock should be worn to prevent rubbing and allow some absorbency (ask your Orthotist if this is necessary in your case).
- A spare sock may be given in order to have one you can hand wash.
- Stretch out plastic splint and slide your hand through.
- Secure the Velcro straps or the Boa dial to a comfortable tension. The wrist should not be able to move in the brace once tightened.

Taking Off

- As stated before, the cast is to be treated like permanent plaster cast. Ask your Doctor or Orthotist for further instructions in regards to showers and removal . Usually the policy is to wear the brace for 24/7. This includes night time.

Wearing Problems

- If you have any areas of rubbing, redness, blistering or numbness contact your Orthotist immediately.

Cleaning

- Remove your thermoplastic cast daily (if allowed) to wash your skin and change your under sock (if provided). During removal check for skin irritations or pressure concerns.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.



(03) 9870 2284

