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## CASTING - PLASTER GUIDE

1.



Outline medial and lateral malleoli with transferable marker. Place dot at central apex of each malleolus.

2.



Apply dampened strip of plaster above level of malleoli. Leave anterior aspect of ankle exposed to facilitate removal of cast.

3.



Apply 1 or 2 strips of plaster to foot as with traditional orthotic casting.

4.



Establish casting position and eliminate supinatus. Ensure ankle joint is dorsiflexed to resistance. Lock lateral column.

5.



Upon cast removal do not splay ankle section.

6.



For optimal results, casts should rest near calcaneus vertical.

Left cast = CORRECT ✓

Right cast = INCORRECT ✗