

## How Does a Total Contact Cast Work?

Each time you take a step, your entire body weight impacts the sole of your foot. Over time, this pressure can delay or prevent your diabetic foot ulcer's ability to heal properly.

The Total Contact Cast is made to fit closely to the contours of your foot and leg. The rigid cast wall, specialized padding, walking surfaces, and a posterior splint all serve to take most of the pressure away from the bottom of your foot and move it to your lower leg and calf when you walk. The close fit also helps to spread out the remaining pressure evenly across the sole of your foot.

## Advantages of a Total Contact Casting

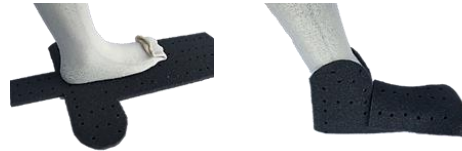
A Total Contact Cast allows you to walk when needed without having to put on a specialized boot or other medical device beforehand.

A Total Contact Cast can help to protect your ulcer and the rest of your foot from additional injury all day and all night long.

A Total Contact Cast is generally considered by medical professionals to be the "Gold Standard" in off-loading treatments for Diabetic Foot Ulcers. Reviews of thousands of patient experiences demonstrate a reduced rate of amputation when total contact casting is utilized.

The TrueKast with Quicksaw Technology has been created with multiple patent-pending technologies to provide you with the Comfort, Safety, and Protection that you deserve in a Total Contact Casting System. These include:

### The Total Foot Protection Cushion System



This system cushions your entire foot and ankle. Perforated, soft, and resilient, it affords you the Comfort and Protection you want and need.

### QuickSaw Removal System – NO CAST SAW



The integrated Quicksaw System provides for fast, safe removal of the cast while eliminating the risks of injury from the use of a cast saw.

### Traction Stability System Walking Surfaces



Multiple Footplate option with "Lock and Walk" Technology (Small, Large, and TMA) provide the support, traction & stability you need to walk in your cast. There is even a Cast Shoe option.

# Total Contact Casting Patient Information Guide



## Why Do I Need A Total Contact Cast?

Sometimes, people develop ulcers on the soles of their feet due to pressure, traumatic injury, or other Diabetes complications such as Diabetic Neuropathy or Charcot Foot. Walking on these ulcers can harm them or delay healing.

A Total Contact Cast can help to reduce the pressure on the bottom of your foot when you walk. This is commonly referred to as “off-loading”. It can also spread out the pressure along the entire surface of your foot. The Total Contact Cast has been recognized as the “Gold Standard” for off-loading diabetic foot ulcers.



## What is a Total Contact Cast?

A Total Contact Cast is a rigid shell made from fiberglass wrapping material (other materials such as plaster are often used as well). This material is wrapped around your foot, ankle, and lower leg. It follows the shape of your leg very closely. It is wrapped snugly so that it will not slide and cause you discomfort.

Underneath the rigid shell is specialized padding to protect your leg and foot from pressure and friction. Some casting systems also include an “L” shaped splint for added support and stability. A walking surface is attached to the bottom of the cast to enable you to walk as needed comfortably and safely.

## Patient Instructions

- Activity - A Total Contact Cast allows you to walk as needed. The less you walk, however, the less pressure you put on your ulcer. Reduced walking can lead to faster healing. Try to limit your walking each day to one-third of your normal activity.
- Keep your cast dry. Water on or inside your cast can damage the cast and your skin or wound. Use a cast cover, plastic bag or other waterproof item when you bathe/shower.
- When sitting, prop up your cast leg on a pillow or chair whenever possible.
- Keep your follow-up appointments with your doctor. The Total Contact Cast works best when it is actively monitored by a clinician.
- If your clinician has selected the Cast Shoe option for your walking surface, always make sure the Cast Shoe is properly fastened to the cast before you attempt to walk.
- DO NOT remove or alter any part of your cast or try to remove your cast itself by yourself.
- DO NOT insert any object into the space between the cast and your skin. This could cause damage to the cast, the padding, or create a new wound on your leg.
- DO NOT attempt to use the leg which is casted to drive or operate the pedals of any vehicle or moving equipment.

## Call your Healthcare Provider if you experience any of the following:

- Increased Pain
- Sudden onset fever/temperature over 100 F
- Tightness due to excessive swelling in cast leg
- Damage to Cast (dents, cracks, soft spots, etc.)
- Foul-smelling odor from cast
- Drainage on the outside of cast
- Rubbing or soreness
- Excessive movement of leg within cast

### Healthcare Provider Information