Resources tool: Total contact cast



| Item | Description | Image |
|------------------------------|---|-------|
| Felt | Sheet of slightly compressed felt. Provides protection and support the foot. Recommend thickness of 7mm. | |
| Paper | Sheet of paper used to trace the padding areas. | |
| Marker | Pen or marker used to trace padding areas. | |
| Plaster of Paris bandages | Bandages covered in white dry powder (plaster of Paris) to be used with water. Used to cast the foot and leg. | |
| Softban | Padding that can be torn easily and is resistant to moisture. | |
| Cotton stockinette | Removable, washable elastic stockinette for the leg and foot. | |
| Bowl of warm water | Used to wet plaster of Paris. | |
| Rigid cast tape | Rigid fibreglass casting tape that sets hard when dried. | |
| EVA | Offloading padding material, used to make a rocker sole. | |
| Heat gun | Used to blow hot air. | |

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| Cast scissors | Scissors shaped to safely cut a cast. | |
|----------------------|---|------|
| Cast saw | Saw used to safely cut a cast. | |
| Cast separator | Used to help open a cast. | 0 |
| Hand sanitiser | Alcohol based hand sanitiser to kill bacteria or germs on hands for infection control. | Hand |
| Gloves | Medical grade gloves for infection control. | |
| Suitable shoes | Shoes that can be locally bought, fit well and have features that can help protect feet and reduce the risk of falling. | |
| Therapeutic footwear | Shoes and insoles for people who need to protect their feet from pressure and rubbing while walking. | |
| Cast shoe | Shoe used to fit to a total contact cast. | |
| Scissors | Used to cut material and edges. | 38 |
| Таре | Tape with an adhesive layer and no elastic. | |