

EXOS cast



What is an EXOS cast?

EXOS casts offer a revolutionary way of immobilising an injured area after a fractured bone or soft tissue injury. They are lighter and more streamlined than a fibreglass or plaster cast. They are mouldable, waterproof and adjustable. They are antimicrobial, easily cleaned and radiolucent (meaning that if required, you can have an X-ray without removing the cast). Better yet, you can continue to use it into the future as a brace if you feel that you require extra support!

How is the cast fitted?

Your cast will be warmed up to the point that it becomes a soft wetsuit like material. It is then fitted to the injury site and moulded to ensure a snug and comfortable fit. It will start to harden as it cools and is fully set after just a few minutes. EXOS casts use a dynamic closure system which will allow you to adjust the cast throughout the time you are wearing it if needed. This is quite common in the first weeks after an injury as swelling reduces.

What is the purpose of my cast?

Our bodies start the healing process right from the moment of an injury. Your cast will facilitate this process by protecting the injured site and surrounding structures.

How long will I have to wear my cast for?

A cast is usually worn for 4-6 weeks. Your Physiotherapist will advise you of the duration in line with advice from your GP and/ or specialist.

Can I get my cast wet?

Yes! EXOS casts are waterproof. We recommend ensuring the water isn't too hot as this could cause your cast to become soft and lose its structure. If this happens it's no problem at all. Give us a call and we'll fit you in to remould the cast to ensure it is the perfect fit for you.

If you have sensitive skin, it may be better for you to avoid getting your cast wet to prevent skin irritation. You can do this by covering the cast in a plastic bag or glad wrap when showering.

What do I do if I feel itchy under the cast?

Try not to stick any objects down your cast to stop the itching (we know it's tempting). Instead, tap over the area where you feel itchy caused by bacteria at the skin surface - flush with antibacterial softwash when in the shower.

Am I allowed to move the rest of my arm/ leg that has the cast on?

Yes! Your Physiotherapist will show you ways that you can keep surrounding joints moving to prevent these areas becoming stiff and also to help drain any swelling.

When should I seek prompt medical attention?

Call us or seek medical attention if you experience an increase in pain, there is an increase in swelling or change of colour in surrounding areas, if you start to feel pins and needles or numbness, or if you feel the area becoming increasingly hot or cold. Sometimes injuries keep swelling under the cast for a few days leading to pressure and pain.

What should I expect when my cast is removed?

When your cast is removed, you may feel that the area is stiff, tight and weak. This is completely normal given that the area has been immobilised for a number of weeks. Your Physiotherapist will take you through various treatment techniques and provide you with a tailored home exercise program to help get you back to your best!

Your skin may be red, irritated or dry. This is normal due to the cast preventing you from washing or moisturising this area. Use some gentle body wash and moisturiser over the next few days to help treat this.

You may need to receive a follow up X-ray or other form of imaging to ensure the fracture has healed. Your Physiotherapist, GP or specialist will advise you of this.

Should you require any additional information or have any concerns, please do not hesitate to contact us- there is no such thing as a silly question!

Phone: 9542 7276 | E-mail: admin@physiocentral.net.au