

For Professionals

This patient is using a Focused Rigidity Cast (Martini) for a

This forms part of their current treatment plan.

Please reapply the cast at each visit

You will need

- Primary dressing
- Stockinette
- Soft padding or bandage such as softban/formflex
- Cast
- Bandage and tape to fix.

Method.

1. Remove the previous bandage and cast – take into account the markings on the cast to help with reapplication.
2. Check cast for excessive soiling, rubs, rough edges: - if intact, set cast aside.
3. Remove primary dressing.
4. Check all areas of the foot covered by the cast and bandage.
5. Dress wounds as appropriate
6. If no additional pressure areas - move on to re-apply the cast – if additional pressure areas DO NOT apply cast and inform the service who provided it.
7. ***Compression hosiery can be used underneath cast
8. 1-layer of stockinette
9. 1-layer soft bandage/padding (overlapping no more than 50%)
10. Apply cast with the focal area of rigidity over the lesion.
11. Fix with bandage (k-band/K-Lite etc)
12. DO NOT apply compression over the top.
13. Review at each dressing change.

Get In Touch

Podiatry Department

District Nursing Contact

GP

Diabetic Foot Clinic

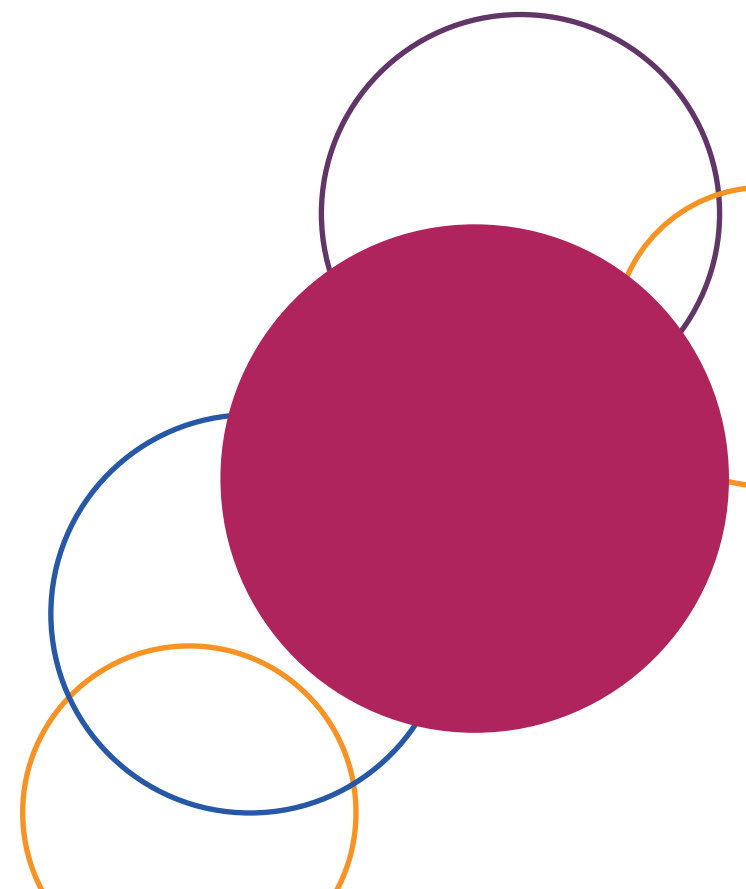
**In an Emergency, please contact
111 or 999**



Service information guide

Podiatry Service Heel "Martini" Cast Information

care·think·do
WE CHANGE LIVES BY TRANSFORMING HEALTH AND CARE



Focused Rigidity Casting "Martini Cast"

It has been suggested that you may benefit from a custom-made device to offload an area of pressure on your foot.

This is known as a Focused rigidity cast or more commonly known in this area as a **"Martini Cast"**

A Martini cast is not normally a first line treatment but is used when your foot shape is not suitable for traditional offloading, or other offloading has not been successful.

Martini casts are not suitable for everyone, and the manufacturing clinician will assess you and your foot first.

Although the cast is custom-made to fit your foot there is a possibility that the cast could rub. It is important to check the foot and cast regularly for signs of rubbing.

If there are any signs of rubbing contact

What is a Martini Cast?

In essence a Martini cast is an "exoskeletal" similar to a turtle's shell that protects the soft and vulnerable tissue underneath.

The cast is made from soft, light, flexible material with a reinforced "slab" or shell over the area to be protected. It extends from just below the ankle bones to the middle of the foot, over the back/bottom of the foot only.

The cast is primarily for longstanding hard to heal heel ulcerations.

The cast is worn all the time over the top of the wound dressing.

The cast is manufactured by a trained clinician. The foot is then checked, and the cast is reapplied at each dressing change as part of the dressing treatment plan.

The cast should be removed if problems occur, this may be the foot changing shape or swelling, the cast becoming overly soiled or any new areas of pressure.

The cast is small and light and can often fit inside of your regular footwear.

The cast should be used in conjunction with regular repositioning – i.e. not sitting in one position for too long.

You should be able to walk in your normal way in your martini cast. If you feel unsteady consider using a stick or frame, limit your walking and contact a medical professional for the cast to be removed.

Please advise any different nursing staff or hospital staff that you are wearing a martini cast when they look at your foot and show them this leaflet.

Remember – Seek medical advice as soon as possible if you notice any change to the foot such as: -

- **Rub marks from the cast.**
- **Swelling.**
- **Redness.**
- **Increase in pain.**
- **Increase in the amount of fluid coming from the ulcer.**