



# Principles of Casting for Orthopaedic Trainees

## Programme

08.30 – 08.45	Registration and refreshments
<b>Session 1</b>	
08.45 – 09.00	Introduction – Learning Objectives
09.00 – 10.00	Below Elbow Backslab
10.00 – 10.50	Volar Backslab
10.50 – 11.00	Demonstration Scaphoid Casts
11.00 – 11.20	Break
<b>Session 2</b>	
11.20 – 12.00	Moulded POP Casts
12.00 – 12.40	Demonstration Cast Removal
12.40 – 13.20	Lunch
<b>Session 3</b>	
13.20 – 14.00	Above Elbow Backslab
14.00 – 14.40	U-Slabs
14.40 – 15.00	Break
<b>Session 4</b>	
15.00 – 15.40	Below Knee Backslab
15.40 – 16.20	Above Knee Backslab
16.20 – 16.40	Summary
16.40 – 17.10	Demonstration “The Art of Wedging”
17.10	Close