

Cast Care: Foot Protection

A foot or leg cast protects an injury, but the exposed toes and the skin under your heel still need attention. Your own weight-bearing instructions determine whether you may stand or walk on the injured leg.

Walk only as instructed

Use the crutches or walking aid you were given. A cast shoe does not by itself mean that walking is allowed. If your clinician has approved walking, use the prescribed cast shoe to protect the cast and improve grip.

Protect your heel and toes

Ask the cast team how to support your particular cast. When the foot is inside the cast, supporting the leg with the heel free of prolonged pressure can help protect the skin. A cast that leaves the foot free may need different positioning.

Check exposed toes for changes in color, warmth, feeling, and movement. Move free joints as your care team permits. Report rubbing or a new painful spot instead of adding objects or padding inside the cast.

Get help for warning signs

Seek urgent assessment for increasing pain, new numbness, cold or blue toes, inability to move the toes, or calf pain and swelling. Call 911 for chest pain, sudden breathlessness, or collapse.

Related reading

- Proper Cast Care
- Cast Care & Maintenance

Sources and further information

- University Hospitals Plymouth NHS: Lower limb cast care
- North Tees and Hartlepool NHS: Plaster casts

This handout provides general education. Your treating clinician can explain how it applies to your injury.