BROKEN BONES

Making a cast:

- **To begin applying the cast, apply the bandage, then place a layer of cotton wool under the area that's to be casted to protect the skin. Then you open the plaster tape - it's a kind of bandage roll that has some sort of calcium/chalk in its pores - and you need to measure it and check it for proper length. You need enough to immobilize one joint above and one below the spot.**

- **To measure it, you lay the bandage on a table or some other flat and solid surface, and you pass it over an area the size of the area to be casted from 7 to 12 times, depending on how hard you want the cast to be. If it's on the arm, it shouldn't be very hard. If it's on the leg it will need to be harder; the thicker the location, the harder the cast must be.**

- **To simplify, you're just folding the casting bandage over on itself in an approximate size of the body part that you're casting in order to get about the right amount of bandage prepared.**

- **After you have the cast bandage measured out, place it in a basin of warm water then lift it out and gently squeeze the water out between two fingers. Next, place it on the arm or whatever area you're casting.**

- **First, you lay the cast on the injury, (don't wrap it around, and just lay it over the area to be immobilized!) and after that you wrap the roll over it and on the other side as well; it shouldn't be very tight. Then you wait for it to harden. You can feel it getting warmer and harder. It slowly turns from really soft paste to putty, then into some kind of harder plastic, and then it becomes hard as wood.**

- **It takes 10 minutes at most. The good part is that you can take it off as often as you want; it's not like in our forefather's time when they used a circular cast that you had to take off with a hacksaw.**

- **You can immobilize any part of the body by using a plaster splint. It takes a quarter of an hour and you can take it off and tend to yourself afterwards.**

To help bones nutritionally:

Natural calcium foods (see "calcium")
Comfrey herb is called "bone knit" for a reason, very high in calcium to help bones heal. See other calcium rich herbs in the 'calcium' handout.