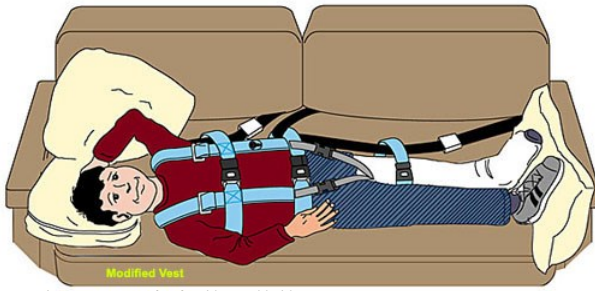


# Traveling With A Child In A Spica Cast



Picture courtesy of Safe Kids Worldwide.

## Preparation Before Surgery

- ◆ First, Make sure your child can lie down across the back seat without bending the knees (see picture above).
- ◆ If you don't have the right vehicle to transport your child ask a friend if they have a larger car, if no one can assist, contact your case worker or nurse as your child will require an ambulance transfer to home and follow up visits.
- ◆ Make space in your trunk for devices such as, wheel chair, crutches, etc.
- ◆ Make sure you bring another person to assist, the cast will make your child about 20 pounds heavier.
- ◆ Use pillows and blankets to support your child as shown in the picture.
- ◆ While traveling it is helpful to put a diaper on your child.
- ◆ Plan ahead, your child will not be able to ride in a vehicle often. Therefore, complete as many errands prior to surgery so that you and your child can spend time at home recovering.



## Recommendations

### From a Certified Child Passenger Technician

I am a certified child passenger safety technician employed at Rady Children's Hospital. I developed these instructions to help you prepare for your trip home from the hospital and transportation needs while your child remains in the cast. Remember, your child must be restrained appropriately every time they ride in a car.

\*Developed by Mary Beth Moran PT, Program Manager for Injury Prevention

## Restraint System

- ◆ The vest is a safe alternative to a car seat to restrain your child in a vehicle.



- ◆ *These vests and car seats are part of a rental program funded by the hospital to provide safe transportation at lost cost to the family. Therefore please remember to return the vest in the prepaid envelop provided at distribution.*
- ◆ See attach instructions on how to use the **\*\*"E-Z-On" vest restraint system\*\***

## \*\*Restraint Instructions\*\*

To rent an EZON Vest or Hippo car seat you must make an appointment with a child passenger technician prior to your child's surgery so that you can be instructed in positioning and restraining your child in your vehicle. Appointments are available on the third Saturday each month, so plan ahead and call for your appointment as soon as your surgery is scheduled. Please note our stock is limited, rental options are based on availability. The fee for EZON Vest is \$45. Adaptive car seat is \$125. Financial Assistance available if requested. **For an appointment visit our website at: [www.driventosafety.org](http://www.driventosafety.org). In the column with your child's age, note "adaptive restraint" or call (858) 576-1700 ext. 5096 with any questions.**