

1 **Title:** Comparative study of the strength characteristics of a novel wood-plastic composite
2 and commonly used synthetic casting materials

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25 **Abstract:**

26 *Background:* Woodcast® is a wood-plastic composite casting material that becomes pliable
27 and self-adhesive when heated to 65°C and returns to being weightbearing as it cools down.
28 The present study aims to test whether this novel non-toxic casting material is strong
29 enough for clinical use by comparing its strength against materials that are already used in
30 weightbearing casting applications such as total contact casts.

31 *Methods:* The strength of Woodcast® samples was compared against the strength of two
32 commonly used synthetic casting materials (Delta-Cast®, OrthoTape). The effect of
33 environmental factors such as cooling, prolonged heating and exposure to water was also
34 assessed.

35 *Findings:* The results of this study indicated that Woodcast® is stronger than the synthetic
36 casting materials in compression but weaker in tension. The flexural strength of Woodcast®
37 was 14.24 MPa (± 1.25 MPa) while the respective strength of Delta-Cast® and OrthoTape was
38 18.96 MPa (± 7.46 MPa) and 12.93 MPa (± 1.93 MPa). Independent samples t-test indicated
39 that the difference between Woodcast® and the other two materials was not statistically
40 significant ($P > 0.05$). Woodcast® recovered 90% and 78% and its tensile or flexural strength
41 respectively after 15 minutes of cooling at ambient temperature and its strength was not
42 reduced by prolonged heating. On average, exposure to water reduced the flexural strength
43 of Delta-Cast® by 6% and of OrthoTape by 44%. The strength of Woodcast® was not
44 affected by exposure to water.

45 *Interpretation:* The comparison between Woodcast® and commonly used synthetic casting
46 materials indicated that Woodcast® is indeed strong enough to be safely used in
47 weightbearing casting applications.

48

49 **Keywords:** Fracture fixation, mechanical testing, total contact cast, bending strength, tensile
50 strength

51 **1. Introduction**

52 Casts or splints are commonly used to promote bone healing, after a fracture or orthopaedic
53 surgery. In the case of diabetic foot management total contact casts are also used in the
54 management of diabetic foot ulcers and Charcot foot osteoarthropathy(Armstrong et al.,
55 2001). A total contact cast (TCC) is a padded cast that is well-moulded around the surface of
56 the foot and the lower leg. Its role is to offload the foot by transferring plantar load to its
57 side walls (Armstrong et al., 2001; Begg et al., 2016).

58

59 Traditionally casting has been performed using plaster of Paris (PoP). PoP casts were
60 relatively thick and heavy but they were strong enough to support at least semi
61 weightbearing activities (Bowker and Powell, 1992). However, PoP was brittle and could not
62 tolerate water. A significant improvement has been the introduction of synthetic casting
63 materials. These materials comprise a bandage impregnated with a water activated polymer
64 and are stronger and at the same time lighter than PoP(Berman and Parks, 1990). In most
65 synthetic casting materials, the bandage is made out of fibreglass fibres however other
66 materials such as polyester have also been used. Synthetic casting materials can tolerate
67 water, but their strength can be compromised when they get wet (Berman and Parks, 1990).

68

69 One of the disadvantages of synthetic casting materials is that they contain isocyanates
70 which are among the leading causes of occupational asthma internationally (Stenton, 2010).
71 Even though the risk of exposure to isocyanates during casting is considered to be relatively
72 low (Pearson et al., 2013) there is a number of case studies where the use of synthetic

73 casting materials has been linked to the development of asthma (Donnelly et al., 2004;
74 Lefkowitz et al., 2015; Sommer et al., 2000; Suojalehto et al., 2011; Tanaka et al., 1994).

75

76 Woodcast[®] (Onbone Oy, Espoo, Finland) is a novel non-toxic material made from woodchips
77 embedded in a biodegradable thermoplastic polymer (Lindfors and Salo, 2012) (figure 1a).

78 This material becomes pliable and self-adhesive when heated to 65°C and gradually hardens
79 as it cools down. According to the manufacturer the material becomes loadbearing after
80 only 5-15 minutes (Lindfors and Salo, 2012). Previous research has shown that this material
81 has equally high stiffness as commonly used fibreglass materials (Pirhonen et al., 2013) and
82 has successfully being used for the treatment of fractures both in the upper (Lindfors and
83 Salo, 2014) and lower limbs (Hirsimäki et al., 2014). In the case of lower limb fractures the
84 affected limb is subjected only to partial weightbearing. However, in applications like TCC
85 substantial loading is expected to be developed in the cast which can significantly increase
86 the risk of failure in the cast (Begg et al., 2016). In this case, a thorough investigation of
87 strength and not just of stiffness is needed to tell whether this new material can be a safe
88 and effective replacement for currently used casting materials.

89

90 In this context, the purpose of this study is to compare the strength on Woodcast[®] material
91 against commonly used synthetic casting materials. The effect of humidity, cooling time and
92 exposure to heat will also be assessed.

93

94 **2. Methods**

95 Woodcast[®] and two different synthetic casting materials (figure 1b,c) that are commonly
96 used by the National Health Service (NHS) in the UK were used in this study: Delta-cast[®]

97 Elite (BSN medical Inc., Rutherford college, USA) and OrthoTape (K10 Medical Supply,
98 Ridgeland, USA). Both casting materials have reinforcing fibres oriented along two axes
99 which are perpendicular to each other; namely in the direction of bandage role (0°) and
100 along the width of the bandage (90°) (figure 1b,c). In Orthotape, these fibres were made of
101 fibreglass while in Delta-cast[®] out of polyester.

102

103 The capacity of these materials to carry load without failure was assessed for three different
104 loading scenarios: a) a loading scenario that simulated heel strike (i.e. the instance of gait
105 when heel comes in contact with the ground), b) in tension, and c) in three-point bending
106 (3PB). Tension and 3PB were performed using a 3kN INSTRON ElectroPuls[™] E3000 load
107 frame while heel strike was simulated using a 30 kN Lloyds electromechanical load frame
108 (NexiGen Plus 3.0). All samples were prepared in accordance to the recommendations of the
109 respective manufacturer.

110

111 **2.1 Simulated heel strike**

112 A 3D anatomically accurate geometrical model of a human foot (Behforootan et al., 2017)
113 was modified to design and to 3D-print a mould of the foot hitting the ground at an angle of
114 14° during heel strike (figure 2a,b). This mould was used to produce geometrically similar
115 samples made from the three materials. For each material, varying thicknesses were
116 employed within the experiments to account for the range of different construct
117 thicknesses used in clinical practice. In the case of Woodcast[®], casting was performed using
118 three different thicknesses; namely 4mm, 6mm and 8mm. In the case of the synthetic
119 casting materials, casting was performed using four or six layers (Berman and Parks, 1990).
120 Seven samples were tested for each condition (49 samples in total).

121

122 During testing the heel samples were placed on a rigid flat surface on the base of the load
123 frame and were compressed with a help of a compression plate which simulated the ground
124 (Figure 2c). Loading was applied at the heel at 20mm/sec until the failure of the sample.
125 During testing, force was sampled at 100Hz using a 30kN load cell (XLC Series, Lloyd
126 Instruments, accuracy 0.5% of reading) and the force – displacement curve was drawn. The
127 failure load of each sample was measured as the maximum force value in the force –
128 deformation graph.

129

130 **2.2 Tension**

131 Woodcast® samples for tensile testing were cut from 6 mm thick rectangular sheets (length:
132 800mm, Width: 145mm) with the help of a laser cutting machine. The dimensions of the
133 samples were decided based on the limitations imposed by the available Woodcast®
134 material sheets. More specifically, the Woodcast® material sheets were filled with circular
135 holes (diameter≈9mm) arranged in parallel rows to improve the breathability of the cast. As
136 a result, the maximum width of the samples was restricted to the distance between
137 consecutive rows of holes which was 17mm. The dimensions of the samples are shown in
138 figure 3.

139

140 Synthetic casting materials were dipped in water at a room temperature (ranging between
141 20 and 25 °C) and then were wrapped around a flat wooden plank (≈400cm long and ≈1cm
142 thick) until there were six layers of material at each site (Berman and Parks, 1990). Six layers
143 were used because this is the most commonly used thickness in weightbearing casts
144 (Berman and Parks, 1990). Special care was given to ensure that there was good bonding

145 between layers. To achieve that, the layers were kept under constant compression until
146 they cured. Synthetic casting materials were left to dry for two days before using them to
147 cut samples using a hand saw. All samples were cut with their testing axis along the bandage
148 role direction (Mihalko et al., 1989).

149

150 The samples were fixed on the load frame using conventional tension grips (initial grip-to-
151 grip distance: 70mm) and then they were stretched until failure at 0.5mm/min (Figure 3).
152 Force was recorded at 100Hz using a 5kN load cell (Dynacell, INSTRON, accuracy 0.5% of
153 reading) to draw the force – elongation graph of each test and to identify the failure load
154 (i.e. peak force). Ultimate engineering tensile stress (σ_T) was calculated by dividing failure
155 load (F) over cross-sectional area. To support a more reliable calculation of stress, the width
156 and thickness of the central portion of each sample were averaged over three
157 measurements: one at the sample's centre and two more locations one cm distant to the
158 centre (figure 3).

159

160 To assess the effect of water, Woodcast® and synthetic casting samples were tested dry and
161 wet. More specifically a set of samples was kept in water for two hours and then
162 immediately tested while they were still wet. The effect of cooling and heating time was
163 also assessed in the case of Woodcast®. To this end, Woodcast® samples were heated to
164 65°C until they became pliable and then they were tested after cooling at ambient
165 temperature (22°C ±1°C) for 15 or 30 minutes. The effect of heating time was assessed by
166 leaving a set of samples in the heater at 65°C for 24 consecutive hours. These samples were
167 then stored on a flat surface at ambient temperature for two days before testing. Five tests
168 were performed for each condition.

169

170 **2.3 Bending**

171 Rectangular 140mm long Woodcast® samples were cut from a 6mm thick material sheet
172 using a circular saw. Rectangular synthetic casting material samples were prepared in a
173 similar way as tensile samples and cut with their long dimension aligned with the direction
174 of bandage role (Berman and Parks, 1990; Mihalko et al., 1989) (Figure 4). To assess flexural
175 strength, the samples were loaded in 3PB at 0.5mm/s with a supported length of 90mm
176 (Berman and Parks, 1990). Force was recorded at 100Hz and the failure load (F) of each test
177 was calculated as the peak of the force – deflection graph. Ultimate flexural stress (σ_{3PB}) was
178 calculated using the following formula from the classical Bernoulli-Euler technical bending
179 theory: $\sigma_{3PB}=(3FL)/(2wt^2)$, where L is the supported length of the sample during testing
180 (L=90mm), w the width of the samples and t their thickness. Width and thickness were
181 averaged over three measurements at the central portion of the sample.

182

183 Similar to tension, the effect of water was assessed for both Woodcast® and synthetic
184 casting samples, while the effect of cooling and heating time was assessed for Woodcast®.
185 The width of the samples used in these tests was 17mm which enabled cutting them
186 between the rows of holes in the Woodcast® material sheet. To assess the effect this dense
187 pattern of holes can have on flexural strength an additional set of tests was performed for
188 Woodcast® samples that were 90mm wide and included ten holes in total in three parallel
189 rows (figure 4). Five tests were performed for each condition.

190

191 **3. Results**

192 **3.1 Simulated heel strike**

193 All samples failed in a similar way. The failure mode can be described as a complete collapse
194 of the heel causing a drop in the sample's resistance to compression (figure 5). Failure load
195 was significantly higher for Woodcast® compared to the other two materials. As shown in
196 figure 6 the force that the Woodcast samples were able to carry without collapsing
197 increased linearly with thickness from 6.22kN(±0.35kN) to 15.3kN(±1.2kN) for thickness of
198 4mm and 8mm respectively. At the same time, the average force the thickest synthetic
199 casting samples (i.e. 6 layers) were able to carry without collapsing was only
200 2.11kN(±0.19kN) and 3.1kN(±1.2kN) for Delta-Cast® and OrthTape respectively.

201

202 **3.2 Tension**

203 The average thickness of the Woodcast®, Delta-cast® and OrthoTape samples was
204 6.90mm(±0.07mm), 4.88mm(±0.37mm) and 3.71mm(±0.20mm) respectively. In qualitative
205 terms, ultimate stress was reached at relatively lower elongations for Woodcast® and
206 Orthotape relative to Delta-cast® (figure 7a). The strength in tension for Woodcast® was
207 significantly lower than Delta-cast® and OrthoTape. More specifically, ultimate tensile stress
208 was equal to 8.71MPa(±0.30MPa) for Woodcast® and 17.6MPa(± 1.0MPa) and
209 26.0MPa(±2.7MPa) for Delta-cast® and OrthoTape respectively (figure 8a).

210

211 Only the synthetic casting materials appeared to be affected by water. Two hours in water
212 reduced Delta-cast® and OrthoTape's ultimate stress by 16% and 27% of their original
213 respective values. The average ultimate strength of the Woodcast® samples that were
214 allowed to cool only for 15 or 30 minutes was 7.87MPa(±0.12MPa) and 8.08MPa(±0.13MPa)
215 respectively; namely 90% and 93% of the reference strength. Exposure to 24 h of continuous

216 heating increased the ultimate stress of Woodcast® samples to 9.43MPa(±0.40MPa); an
217 increase of 8%.

218

219 **3.3 Bending**

220 Characteristic 3PB stress – flexion graphs for the three materials can be seen in figure 7b.

221 Similar to tension, Delta-cast® samples appear to reach their ultimate 3PB load for higher
222 deformations compared to the other two materials (figure 7b). Regardless of the difference
223 in the level of deflexion between the two synthetic casting materials they both appeared to
224 fail in a similar way which was distinctively different to Woodcast® (figure 9). Woodcast®
225 samples' failure started at the bottom surface where tensile stress was maximum. On the
226 contrary Delta-cast® and Orthotape samples failed due to delamination close to the top
227 surface; namely where compressive stress is maximum (figure 9).

228

229 The average thickness of the Woodcast®, Delta-cast® and OrthoTape samples was
230 6.75mm(±0.16), 4.92mm(±0.53) and 3.66mm(±0.21) respectively. Woodcast® and
231 OrthoTape exhibited similar strength under 3PB; 19.67MPa(±0.85MPa) and
232 18.96MPa(±7.46MPa) respectively. The strength of Delta-Cast® was significantly lower;
233 12.93MPa(± 1.93MPa). Two hours in water reduced Delta-cast® and OrthoTape's ultimate
234 stress by 6% and 44%. The strength of Woodcast® was not affected by water (figure 8b). The
235 ultimate strength of the Woodcast® samples that were allowed to cool only for 15 or 30
236 minutes was 15.30MPa(±0.98MPa) and 16.80MPa(±1.16MPa) respectively; namely 78% and
237 85% of their reference strength. Exposure to prolonged heating increased the ultimate
238 stress of Woodcast® to 22.56MPa(±0.98MPa); an increase of 15%. On the contrary the

239 inclusion of holes in the wider 3PB samples lead to a reduction in strength to
240 14.24MPa(\pm 1.25MPa); a 28% reduction in strength (Figure 8b).

241

242 **4. Discussion**

243 The aim of this study was to test whether a new non-toxic casting material (Woodcast[®]) is
244 strong enough for use in weightbearing casts and could therefore be considered as a
245 replacement for existing casting materials that are linked to increased risk for developing
246 occupational asthma (Donnelly et al., 2004; Lefkowitz et al., 2015; Sommer et al., 2000;
247 Suojalehto et al., 2011; Tanaka et al., 1994). To this end, the strength of Woodcast[®] samples
248 was compared against two synthetic casting materials that are commonly within the NHS
249 (Delta-Cast[®], OrthoTape).

250

251 To get a more complete view of the strength characteristics of these materials three
252 different loading scenarios were tested: tension, bending and simulated heel strike.

253 Simulating heel strike involved the production of cast samples with the help of a 3D printed
254 heel model. These samples were then compressed until failure to provide an assessment of
255 their ability to withstand compressive loads.

256

257 The results of this study indicated that Woodcast[®] was capable of carrying substantially
258 more load in compression compared to the other two materials (figure 6) but at the same
259 time it was also weaker in tension (figure 8a). Indicatively the failure load for the thinnest
260 Woodcast[®] cast (i.e. 4mm) in simulated heel strike was two times higher than the respective
261 value for the strongest synthetic casting material (i.e. OrthoTape 6 layers). On the contrary

262 the strength of Woodcast® in tension was two or three times lower compared to Delta-
263 Cast® and OrthoTape respectively.

264

265 Casting materials are unlikely to be subjected to high tensile forces during real life loading
266 scenarios but that does not reduce the importance of tensile strength. Weightbearing casts
267 can be subjected to substantial bending moments which will also lead to the development
268 of high tensile stresses. The assessment of tensile strength is therefore particularly
269 important in interpreting possible differences in flexural strength.

270

271 The fact that Woodcast® was weaker in tension while the synthetic casting materials were
272 weaker in compression can explain why these materials failed in different ways when
273 subjected to 3PB; with Woodcast® failing on the surface of maximum tensile stress while
274 Delta-cast® and Orthotape failing on the surface of maximum compression (figure 9). Even
275 though the failure mechanism was significantly different between Woodcast® and the
276 synthetic casting materials their flexural strength was relatively similar with Delta-cast®
277 being the weakest of the three (figure 8b). More specifically, independent samples t-test
278 indicated that the flexural strength of Woodcast® material was significantly higher than
279 Delta-cast® (two tail, $t(8) = 14.909$, $P < .001$) but not significantly different to OrthoTape
280 (two tail, $t(8) = 0.224$, $P = 0.827$).

281

282 These tests provide an assessment of the strength of Woodcast® as a material. One should
283 note that when Woodcast® is used in clinical practice the casts will also be filled with a
284 dense pattern of holes. The purpose of having these holes is to improve breathability but at
285 the same time they will also reduce the cast's capacity to carry load without breaking. To

286 assess the potential effect these holes can have on the strength of a Woodcast® cast a
287 separate set of samples was prepared and tested. These samples were wide enough to
288 include a number of holes and they provide a representative assessment of flexural strength
289 of the actual Woodcast® cast. The results indicated that flexural strength was indeed
290 significantly reduced (to 14.24MPa(±1.25MPa) from 19.67MPa(±0.85MPa)) but remained
291 similar to that of the two synthetic casting materials. Independent samples t-test indicated
292 that the difference between the strength of the Woodcast® samples with holes was not
293 significantly different to Delta-Cast® (two tail, $t(8) = 1.281$, $P=0.236$) or to OrthoTape (two
294 tail, $t(8) = -1.487$, $P= 0.168$).

295

296 In this study the samples from each material were cut in the same relative orientation.
297 Considering the apparent random orientation of reinforcing woodchips in Woodcast® (figure
298 1a) its properties are unlikely to be affected by the orientation at which the samples were
299 cut. However, this is not case for the synthetic casting materials. These materials have
300 reinforcing fibres running along two perpendicular axes (figure 1b,c), thus generating an
301 orthotropic mechanical behaviour. In one of the first studies on the mechanical properties
302 of synthetic casting materials (Rowley et al., 1985), the tested fibreglass materials were
303 found to be stiffer and stronger along their width (90°) compared to the direction parallel to
304 bandage role (0°). On the contrary, a more recent study that included one fibreglass and
305 one fibreglass-free synthetic casting material concluded that both materials were stiffer
306 along the bandage role direction (Rizza et al., 2015). In this study all synthetic casting
307 material samples were cut along the bandage role direction to enable direct comparison
308 with relevant literature (Berman and Parks, 1990).

309

310

311 Previous experimental investigations on the mechanical behaviour of casting materials have
312 showed that the strength of fibreglass materials can be significantly reduced by exposure to
313 water. Berman and Parks (1990) found that submerging different fibreglass materials into
314 water for two hours reduced their strength by a minimum 13.2% and a maximum of 58.6%.
315 In this study, the same exposure to water reduced the flexural strength of the tested
316 fibreglass casting material (Orthotape) by 44%. Delta-Cast® lost 6% of its strength due to
317 exposure to water. At the same time exposure to water is also known to affect the
318 mechanical properties of wood and of wood composites (Jay Chung and Yang Wang, 2019).
319 However the results of the present study showed that the strength of Woodcast® was not
320 affected at all by exposure to water. A possible explanation is that the polymer matrix in
321 Woodcast® effectively shields the woodchips from water and prevents them from absorbing
322 water.

323

324 Since heating and cooling play an integral role in the preparation of Woodcast® casts a more
325 detailed investigation of their effect on strength was deemed important. According to the
326 manufacturer, once Woodcast® has been heated to 65°C and has become fully pliable it
327 should return to being weightbearing after 15 minutes of cooling. This claim is substantiated
328 by the findings of this study where 15 minutes of cooling at ambient temperature enabled
329 Woodcast® samples to regain 90% of their tensile strength and 78% of their flexural
330 strength. Fifteen more minutes (i.e. 30 minute of cooling) increased strength to 93% and
331 85% of their respective tensile and flexural strength.

332

333 Although the effect of curing time on the strength of the two synthetic casting materials was
334 not assessed within this study, previous studies highlight that they are able to attain most
335 of their strength within the first 30 minutes following casting. More specifically, the
336 experimental investigation by Berman and Parks (1990) reported that different fibreglass
337 materials achieved between 66% and 88% of their full strength within half an hour since
338 casting.

339

340 Polymeric materials are known to degrade due to exposure to various environmental factors
341 including heat (Ray and Cooney, 2018). In the present study, the exposure to continuous
342 heating (65°C) for 24 hours had no negative effect on Woodcast®. On the contrary it
343 appeared to lead to a relevant increase in strength. More specifically 24 hours of continuous
344 heating increased tensile strength by 8% (two tail, $t(8) = -4.984$, $P=0.001$) and flexural
345 strength by 15% (two tail, $t(8) = -3.204$, $P=0.013$); a statistically significant improvement
346 according to independent samples t-test. This increase in strength could be the result of
347 better bonding between the polymeric matrix and the wood reinforcement. Overall this
348 finding indicates that it is safe to heat and reheat Woodcast® as deemed necessary.

349

350 In this study the ability of Woodcast® to be safely used in weightbearing applications, such
351 as TCC, without the risk of material failure was assessed by comparing its strength to that of
352 commonly used synthetic casting materials. Even though a direct measurement of cast
353 loading was not performed as part of this study, the fact that these synthetic casting
354 materials are already successfully used in similar applications allows using them as reference
355 for defining a level of satisfactory strength.

356

357 In the case of simulated heel strike, relative capacity to carry loading without failure was
358 assessed by comparing the failure load between materials measured in Newtons. Even
359 though all samples had similar geometry (i.e. were made using the same heel model) their
360 thickness was different. Indeed, fibreglass materials were consistently thinner than
361 Woodcast®. This difference in thickness will also account for part of the observed difference
362 in failure load.

363

364 On the contrary, the ability to carry load without failure in tension and bending was
365 assessed using the ultimate stress (in Pascals) which is independent of sample dimensions.
366 Even though there is a lack of set clinical guidelines on casting thickness it appears that
367 Woodcast® casts are most likely to be thicker than fibreglass. This could mean that the
368 actual failure forces are likely to be relatively higher for the Woodcast® cast reducing even
369 further the risk of material failure. At the same time, the potential effect of increased
370 weight (e.g. to perceived comfort(Hurst et al., 2017)) should also be further investigated.

371

372

373 In addition, it needs to be highlighted that the use of engineering stress for tension and of
374 the stress equation from beam theory for bending are reliable estimations of true stress
375 only for small deformations, which was not always the case here. The elongations and
376 deflexions for Woodcast® and Orthotape appeared to be relatively low, but they were
377 significantly higher for Delta-cast®. Indicatively for the samples in figure 7a, ultimate tensile
378 stress was measured for an elongation that was equal to 2.3% and 2.1% of the initial grip-to-
379 grip distance for Woodcast® and Orthotape respectively, but for 18.7% for Delta-cast®.
380 Similarly, in the case of the 3PB samples of figure 7b, ultimate stress was measured for

381 deflexion that was equal to 9.0% and 6.2% of the supported length for Woodcast® and
382 Orthotape respectively but 19.2% for Delta-cast®. Finally, in the case of the wide Woodcast®
383 samples for 3PB, the validity of the used formula for stress could also be undermined by the
384 drilled holes. Overall, it can be concluded that the stresses presented in this study should be
385 interpreted as indicative measurements of strength, meant to enable the comparison
386 between the three materials, and not as assessments of the true stress developed in the
387 samples.

388

389 **5. Conclusions:**

390 The results of this study indicated that Woodcast® is satisfactorily strong to be used in
391 weightbearing casting applications without significant risk for material failure. Its strength
392 was not affected by environmental factors that are known to weaken existing synthetic
393 casts such as exposure to water. Woodcast® is also capable of regaining most of its strength
394 after only 15 minutes of cooling and was not weakened by prolonged heating.

395

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477 **Figure legends:**

478 Figure 1: A closeup of the Woodcast® structure (a) and of the fibre orientation in the Delta-
479 cast® (b) and Orthotape (c) materials. In the case of the synthetic casting materials the
480 direction of bandage role (0°) and of the material width (90°) is also shown.

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483 Figure 2: The 3D model of the human foot during heel strike (a) and the mould that was 3D
484 printed to support the production of geometrically similar samples (b). The testing set-up
485 for simulated heel strike (c).

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487 Figure 3: The geometry of the samples (left) and the testing set-up for tensile testing (right).
488 The sites where width and thickness were measured are also shown (dotted lines).

489

490 Figure 4: The testing set-up (centre) and the two different sample geometries that were
491 used for 3PB. (Left) the narrow sample design used for Woodcast® and fibreglass. (Right) the
492 wide sample design used to assess the effect of circular holes in the Woodcast® material
493 sheets. The sites where width and thickness were measured are also shown (dotted lines).

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495 Figure 5: Typical force – deformation graphs for simulated heel strike. The respective
496 samples are also shown following testing.

497

498 Figure 6: The failure load for different thickness Woodcast® and fibreglass materials.

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500 Figure 7: Characteristic stress – elongation (a) and stress – flexion (b) graphs for tension and
501 3PB respectively. Elongation is calculated as the change in grip-to-grip distance. Flexion as
502 the displacement of the 3PB punch from the point of first contact with the sample.

503

504 Figure 8: Comparison between the ultimate stress in tension (a) and 3PB (b) of the three
505 casting materials when they were tested dry and after been submerged into water for two
506 hours. In the case of 3PB, the condition of wide Woodcast® samples that included a pattern
507 of circular holes is also shown.

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509 Figure 9: Typical appearance of failure due to the separation of layers in a fibreglass sample
510 (top) and due to excessive tension in a Woodcast® sample (bottom).

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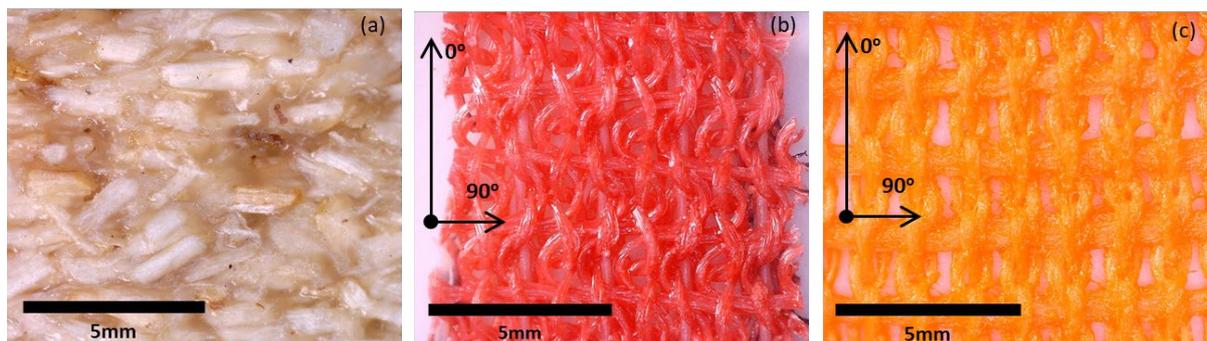
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524 Figure 1:



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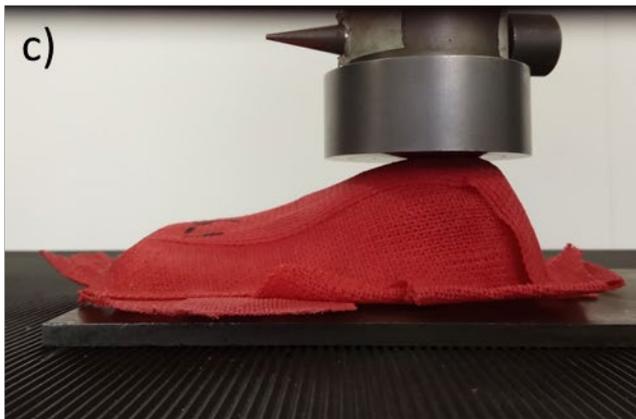
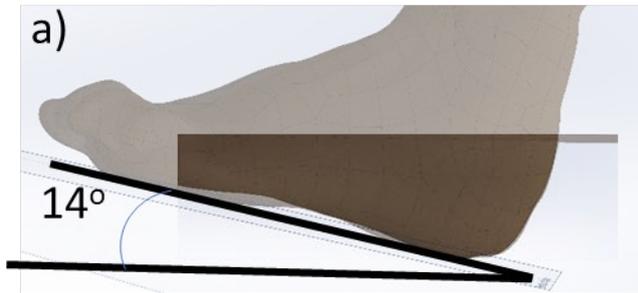
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544 Figure 2:

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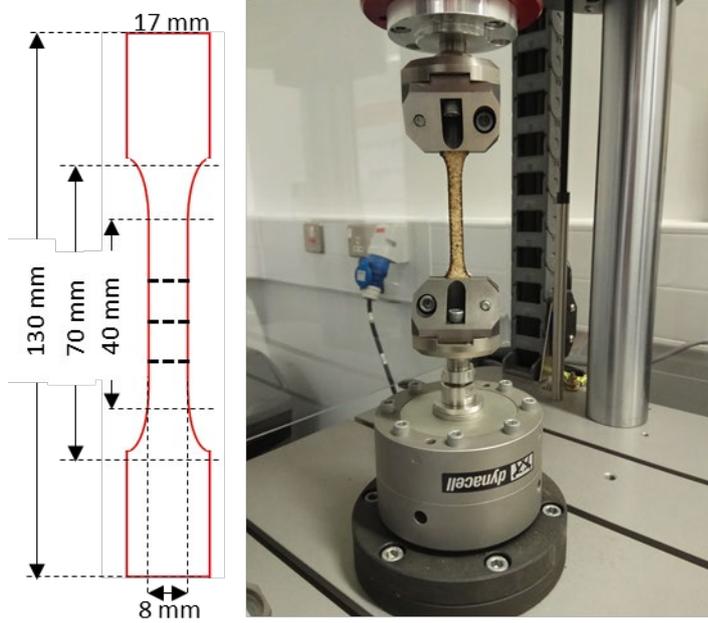
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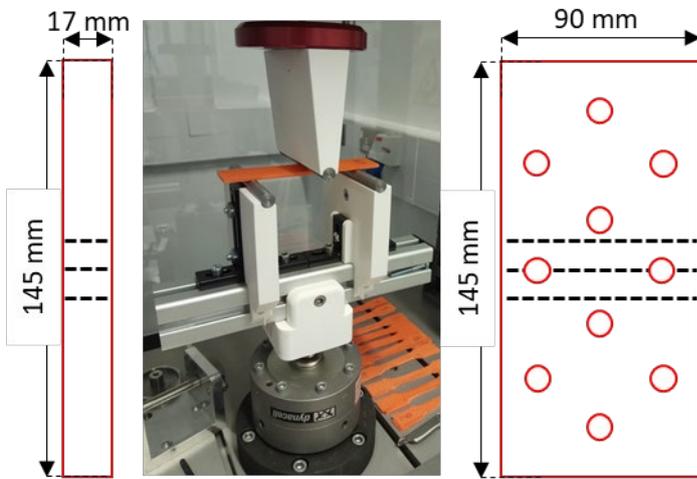
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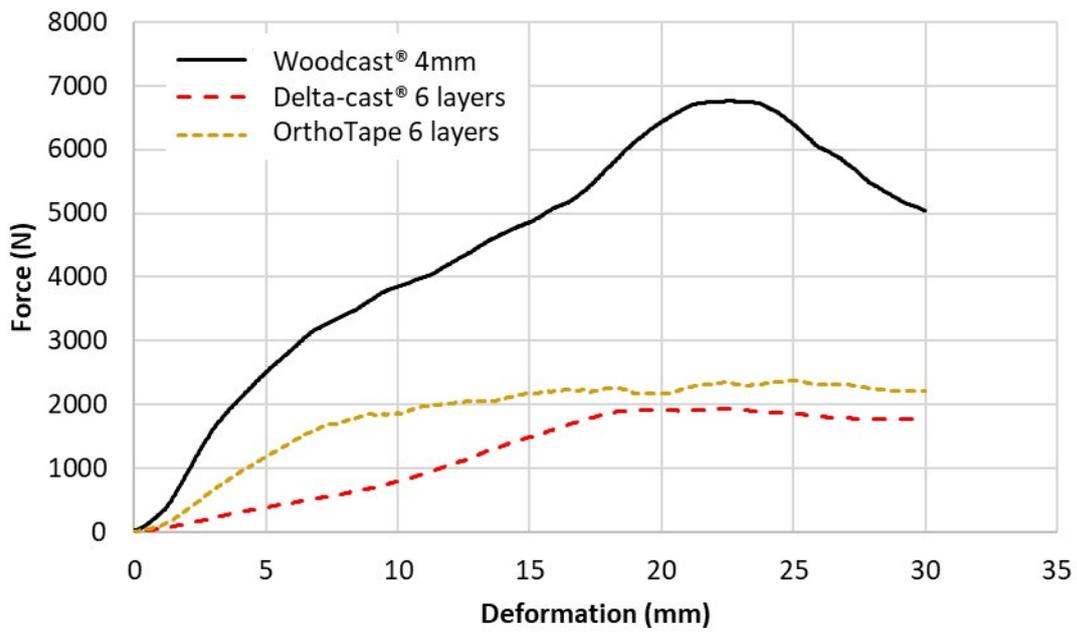
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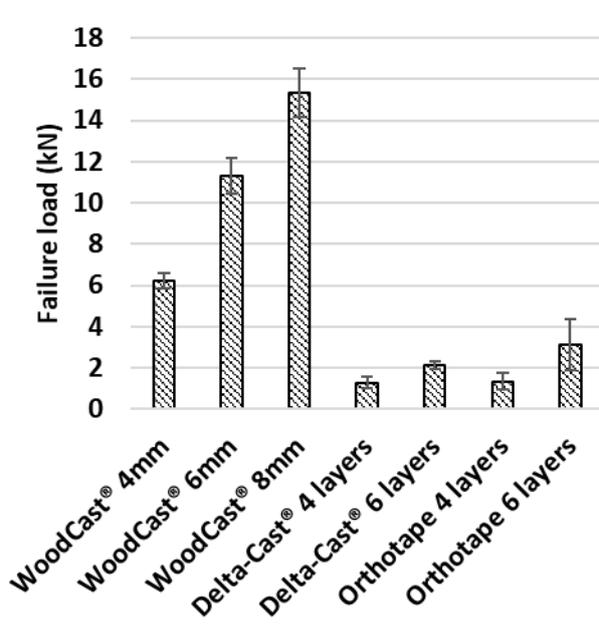
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597 Figure 6:

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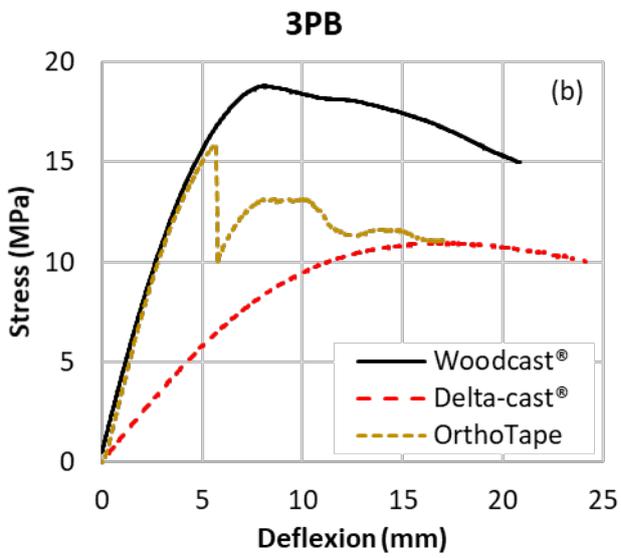
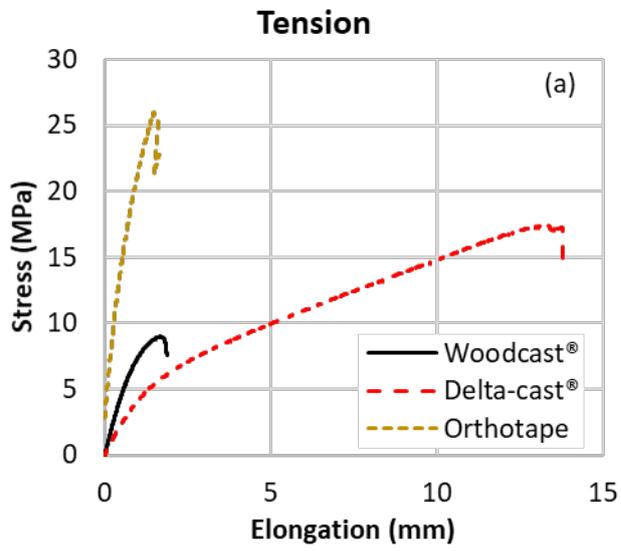
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613 Figure 7:

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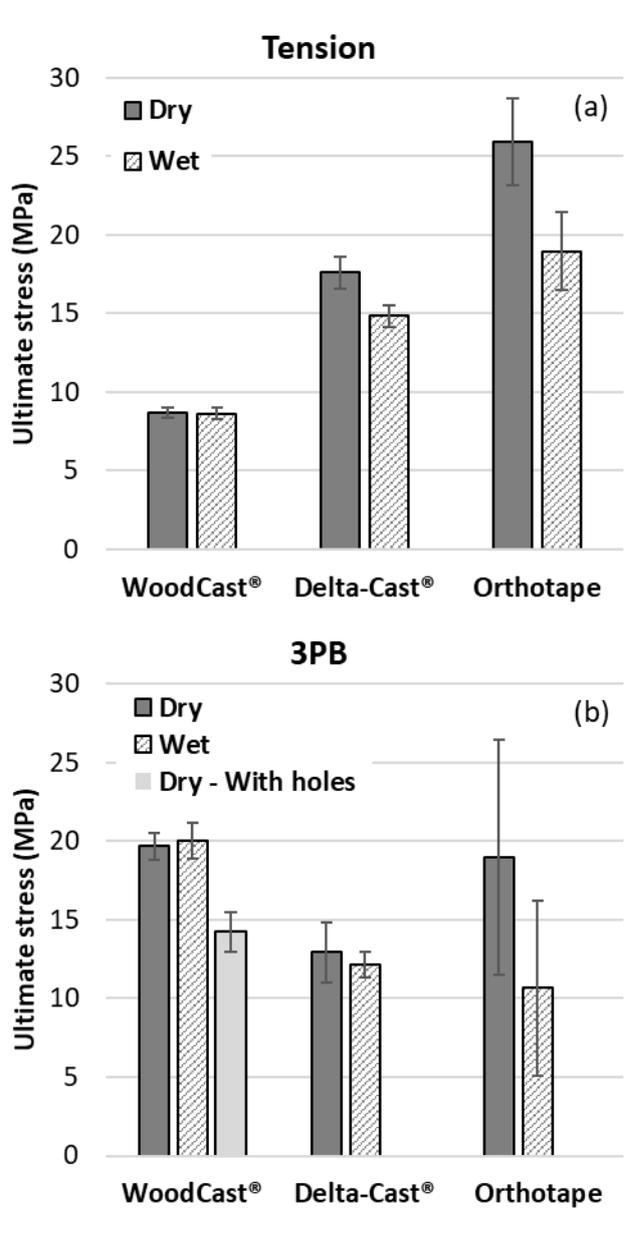
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622 Figure 8:

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