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## **Simple Severed Arm How-To**

### **Materials:**

- Latex Exam Glove
- Saran Wrap
- Latex Window Caulk (for skin)
- Duct Tape
- Masking Tape
- Twine (for veins)
- Wooden Skewer (for finger bones)
- Sandpaper Bird Perch Covers (for forearm bones)
- Stuffing from an old stuffed animal
- Styrofoam
- Fake Fingernail (for thumb)
- Acrylic Craft Paints:
  - Flesh (for basecoat)
  - Plum Pudding (bad spots)
  - Berry Red (for blood)
  - White (for bones)
  - Green Glaze Craft Paint

Obtained from  
Omarshauntedtrail.com

### **Step 1:**

Have your volunteer put on a Latex Exam Glove. Starting with the fingers, apply thin strips of duct tape around them. When you get the fingers done, you can use larger pieces to cover the palm and back of the hand. Make sure to get some between the fingers too.

Once you're past the wrist area, wrap the volunteer's arm with Saran Wrap to whatever length you want your severed arm to be. (I choose to stop halfway up the forearm...my

volunteer was getting cranky.) Wrap duct tape around the arm over the Saran Wrap.....be careful not to wrap it too tightly!

**Step 2:**

Here comes the really fun part! Snatch up a pair of scissors, a box of Band-Aids and approach your volunteer. Let loose an evil chuckle as you snip the scissors in the air and toss the Band-Aids on the table.

**Step 3:**

Cut it off (the duct-taped glove part...not your cranky volunteer's actual arm) all the way into the palm area. **Note:** If your scissors have a sharp point ...be very careful NOT to accidentally stab through real flesh!

**Step 4:**

Stuff the fingers only. Repair the cut you made...outside and inside with the duct tape. Use strips of duct tape first, then masking tape, around the edge of the forearm to cover any exposed Saran Wrap. Finish stuffing the arm until you're almost to the open end.

**Step 5:**

Cut a piece of Styrofoam to fit snugly inside arm. Create two holes (slightly smaller than needed) in the Styrofoam where the 'arm bones' will be.

Cut short pieces of the Sandpaper Perch Cover to be used for the protruding arm bones. I took 2 pieces of the Perch cover and made the larger bone by taping the two pieces together.

Insert into the holes and push the Styrofoam into the open arm end. Stuff the bones with paper towels and apply the window caulk to the Styrofoam and inside the 'bones'. Let dry completely.

(**Note:** You can also use two different sizes of dowels...I just didn't have any on hand.)



**Step 6:**

Cover the entire arm with masking tape to give it a smoother appearance and then smear on the window caulk. Let dry completely.

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Smear on a light layer of caulk where you want your veins to go. Cut the twine to the lengths needed for the veins, and stick them on. Apply more window caulk over twine with your finger to secure it. (Below is a photo of the severed arm at this stage.)

**Note:** After this arm was completed, it was very apparent that the fingers looked way too stubby. Cheryl already has short fingers anyway and this technique made the fingers even more stubby. So.....that's when I came up with the 'munched off fingertips look'.

**Step 8:**

The fingertips are caved in slightly with the end of a marker. Using a drill bit (smaller than the skewer) drill a small hole. Insert the skewer 'finger bones' and add a little window caulk to secure them. Let dry completely before painting the bones white.

**Step 9:**

Attach the fake fingernail to the thumb with hot glue. Add window caulk around it's edge to make it appear embedded. Let dry.

**Step 10:**

Using the flesh color acrylic, paint the arm's 'skin'. Let dry.

**Step 11:**

Using the Plum Pudding color, paint the 'veins', and lightly highlight 'bad spots' to break up the solid flesh color. Let dry.

**Step 12:**

Lightly cover the skin part of the arm with the Flesh Acrylic (to tone everything down). Let dry.



**Step 13:**

With the Berry Red Acrylic paint around the finger bones as shown in the below photo. Add a bit of white to make a pinkish shade for the bone marrow in the finger bones and the arm bones. Paint the 'bone marrow' in. Let dry.

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**Step 14:**

Use the Green Glaze all over the skin area to give it a sickly 'zombie' look.

(You could probably use green craft paint, thinned down with water, to get a similar effect. I like the way the Green Glaze looks over the flesh colored paint...except for the Glaze being slightly shiny.)



Here is the finished severed arm.

Bon Appetite!

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