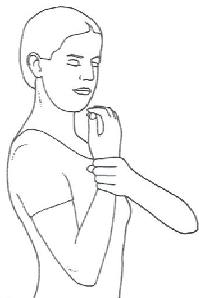


## Elbow



Using the uninjured arm support the wrist of the injured arm (as in the picture). Gently bend and straighten the elbow joint as much as possible. Do not force your elbow to move.

Do this \_\_\_ times every hour.

## Knee



Sitting on a chair, slide foot backward and forwards to bend and straighten the knee. Placing plastic sheeting (or plastic bag) under foot can reduce friction making this easier. REMEMBER to remove the plastic before you stand to prevent you slipping over.

## Swelling

Your joint may swell once the cast has been removed. This is normal and part of the healing process. Elevate the effected limb as often as possible to reduce this swelling.

You may also need to continue with pain relief medication for several weeks after the cast has been removed.

## Contact Information

### Plaster Room

01234355122  
Extension 2661

Open Monday to Friday, 9am to 5pm  
(Closed bank holidays)

Trauma & Orthopaedic Outpatients  
Bedford Hospital  
Kempston Road  
Bedford  
MK42 9DJ

**Outside opening hours please  
contact NHS Direct or attend the  
Accident and Emergency Department  
for advice**

**NHS Direct: 08454647**

### Notes:

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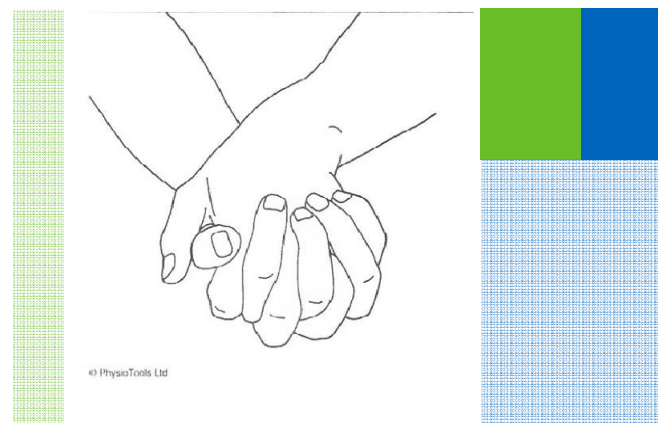
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**Leaflet produced by M. Ryan Orth Tech cert  
In consultation with Physiotherapy team and a  
patient representative**

## Plaster Room

### Trauma & Orthopaedic Outpatients

### Information for Patients After Cast Removal



**This leaflet is designed to remind you of  
the exercise advice given by hospital  
staff. If you need any advice not included  
within this leaflet please call the plaster  
room. Outside of office hours you may  
need to attend the Accident and  
Emergency Department.**

Date of publication: December 2010  
Date for review: December 2012  
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Your injury no longer requires a plaster / cast. However, your injury may not be completely healed, for this reason you need to avoid contact sport, physical education, heavy lifting, manual work or any activity that may result in re-injury.

## Driving

Your ability to control a vehicle may be reduced until your limb returns to normal function. The hospital advise you do not drive until *you* feel safe to control a vehicle.

## Jewellery

Rings and bracelets may need to remain unworn until the swelling has reduced.

## Elevation

You will need to periodically elevate your limb to help reduce swelling. Swelling after a cast has been removed should be expected and may 'come and go'. If swelling does not resolve with elevation, please contact the plaster room for advice.

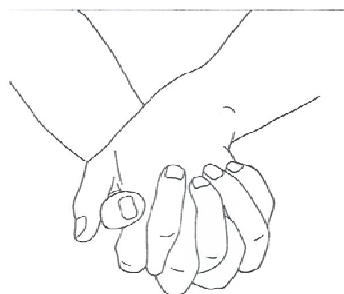
## Skin

Your skin may have become dry under the cast. A non-scented moisturiser should help resolve this. Extra care should be taken while the skin is fragile.

## Upper Limb

Follow advice given by the staff at the hospital, use the instructions below as a reminder.

The wrist moves in four basic ways: up and down and side to side. The two bones in the forearm also allow the wrist to 'twist'. These movements can become stiff when held inside a cast, so once the cast is removed its important to exercise them.



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Clasp your fingers together (as in the picture above). Turn your uppermost hand under and back again. Rotating the wrist.



© PhysioTools Ltd

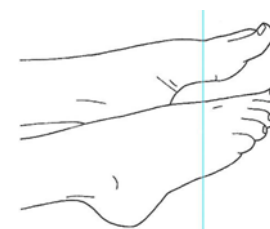
Clasping your hands together, rest your hands/ forearm on a firm surface (as the picture above). Bend your wrists backwards and forwards using the uninjured wrist for support. Do the above exercises \_\_\_\_\_ every hour.

## Lower Limb

The ankle moves in two ways - up and down. Joints in the foot allow movements from side-to-side. When in a cast the foot/ankle can become stiff. Once the cast is removed it is important to exercise all the joints.



Sitting with the foot flat on the floor alternately raise the big toe and then little toe - causing the foot to 'twist' from side to side.



Sitting or laying, pull the foot up toward you as far as possible, then point the toes away from you as far as possible.



Keeping the heel on the floor, rotate the foot/ankle in a circular motion. Do this ten times to the right then 10 times to the left

Do the above exercises \_\_\_\_\_ every hour.