

Range of Motion Exercises While in a Cast

It is very important to move all joints that are NOT covered by the cast in order to decrease swelling and stiffness in all other joints.

Perform the following exercises ___ times per day for ___ repetitions:

1. MP joints: Bend the row of large knuckles down all together, hold for 5 seconds, then straighten. (Figure A)



Figure A

2. PIP joints: Bend the middle joints down (block the large knuckle straight by supporting finger just below the middle joint crease), hold for 5 seconds, then straighten. (Figure B)



Figure B

3. FISTING: Make a full fist, then a hook fist, then straighten fingers –slowly. (Figure C)



Figure C

4. Bend the tip of the thumb, and then straighten. (also bend middle joint of thumb if it is not covered by the cast)
5. If elbow is not in cast it is important to perform forearm rotation exercises. Begin with your arm at your side and your elbow bent at a 90° right angle. Gently turn your hand palm up and hold for 5 seconds, then gently turn your hand palm down and hold for 5 seconds. It is normal to feel some gentle pulling at the wrist. (Figure D)

A.



B.

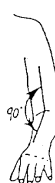


Figure D

6. If elbow is not in cast, bend elbow and hold 5 seconds, then straighten elbow and hold for 5 seconds.
7. Shrug your shoulders up towards the ears. Hold for a count of 5, then relax and bring them down.
8. Pull your shoulders back and hold for 5 seconds, then bring your shoulders forward and hold for a count of 5 seconds.
9. Raise arms up sideways towards your head and hold for a count of 3 seconds, then relax and slowly lower your arm. (Figure E)

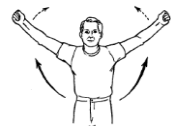


Figure E

10. Turn hand to “thumbs up” position while raising hand over head and hold for a count of 3 seconds, then relax and slowly lower your arm. (Figure F)



Figure F

11. To rotate shoulder, reach hand for back of head. Then reach hand toward your lower back. (as if were trying to tuck in the back of your shirt)

Replacement Policy

The cost of a replacement cast may be the patient's responsibility. A cast can be adjusted or replaced by one of our techs at our clinic if needed.

General Cast Care Guidelines

This sheet has been prepared as a guideline only. Please follow all specific advice given by your healthcare provider.

✓ What You SHOULD Do:

- Follow all instructions given by your doctor.
- Keep your cast clean and dry.
- Use an emery board (nail file) to smooth any rough or sharp edges.

✗ What You SHOULD NOT Do:

- Do NOT insert anything inside your cast (e.g., pens, coat hangers, fingers).
- Do NOT apply powders, oils, or lotions near or inside the cast.
- Do NOT remove or add padding to the inside of the cast.
- Do NOT trim, break, or cut the edges of the cast.
- Do NOT engage in high-impact or vigorous activity involving the casted limb.
- If sunbathing, avoid direct sun exposure to the casted area.

⚠ Contact Your Doctor If You Experience:

- Unusual pain, swelling, numbness, or tingling in the casted area.
- A sensation of a blister or sore forming under the cast.
- Skin irritation or redness at the edges of the cast.
- A foul or unusual odor coming from the cast.
- The cast becomes too loose, too tight, excessively soiled, or begins to break down.
- You develop a fever.
- You have any concerns or questions about your cast.

✂ How Casts Are Removed

- Casts are cut off in clinic using a cast saw. The saw vibrates (it does not spin) and is made to safely cut through the cast material without harming your skin.



[Link to Cast Cutting Video](#)

🏥 Need Help?

If you have any problems or concerns with your cast, please contact us at 920-730-8833.