



CHILDREN'S LOWER LIMB- ABOVE KNEE CAST

Resting your injured leg and keeping this elevated helps with pain and swelling.

Looking after your cast

- Keep the cast dry
- Please don't cut or bend your cast or remove any padding.
- Your cast may be really itchy, but please don't poke anything down your cast
- The cast material can catch on fire, so please keep away from any flames.

CAST REMOVAL – *you will need blunt tipped scissors, or you can unwrap.*

Your cast may look like either of these pictures but are removed in the same way.



Cut along dotted lines as shown in picture. Start at the edges of the cast.

The back slab will have some extra soft wool, this can be cut through too. The soft cast will have a double layered arm sock underneath. This can then be all placed in the bin.

How to remove video: <https://www.youtube.com/watch?v=epkJ5r1Ozvl&feature=youtu.be>

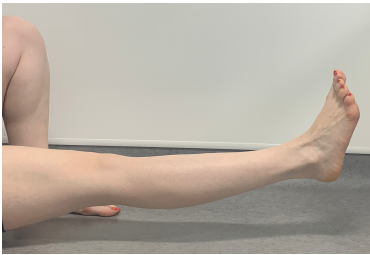








EXERCISES (these must be done by the child, don't help as this can cause problems)

Floor exercises: Fully straighten leg, pushing knee back into the floor. Lift up the leg towards the sky and hold. Use a towel to pull around the foot to help straighten the leg. Bend as far as you can to hug your knees, rolled up socks on a smooth floor can help get more knee bend. Rolling up a towel above your knees makes the knee see-saw and try to lift the foot.

Chair exercises: When sitting, lift your foot to straighten your leg in front of you and swing back to bend the knee. With your legs straight, point your toes away/towards you and draw circles by moving your ankles.

Touch your tip toes then heels on the floor and try to pick up something from the floor.

EXERCISES (these must be done by the child, don't help as this can cause problems)

Fully straighten leg	Foot lift	Foot pull
		
Knee hug	Sock slide	Knee See-Saw
		
Chair leg swing		
		
Ankle Circles		
		
Tip toe	Heel Strike	Toe pick up
		

Follow up

- **Vitamin D**

It is important to ensure your child is getting enough vitamin D. Think about supplements or increasing Vitamin D in your diet.

Foods that are high in vitamin D

(Fortified breakfast cereal, salmon, mackerel, eggs)

- We will call you or see you face to face, depending on your care plan.

When to call us



- Cast problem
- Cast rubs/ becomes sore
- Cast cracks/ breaks
- Cast gets wet
- Cast becomes loose

EXERCISE TICK LIST

Aim to do each exercise 10 times per exercise, at breakfast, lunch and tea-time.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
• Fully straighten leg	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>
• Foot lift						
• Foot pull						
• Knee hug						
• Sock slide						
• Knee See-saw	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>
• Chair leg swing						
• Ankles circles						
• Tip toe						
• Heel strike	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>
• Toe pick up						

Suggested Activities

- Air cycling
- Foot high five
- Throwing a ball/ catch
- Head, shoulders, knees and toes.

Feedback

We would love to receive your feedback on this leaflet and the West Suffolk Hospital Videos.

Please scan over the QR code/ copy in the below link to your browser.

<https://www.surveymonkey.co.uk/r/YXGDPX5>



FOR QR code- *open up your camera on smart phone and link will pop up.*

The survey will take 2 mins to complete.

Thank you