



CHILDREN'S UPPER LIMB- ABOVE ELBOW CAST

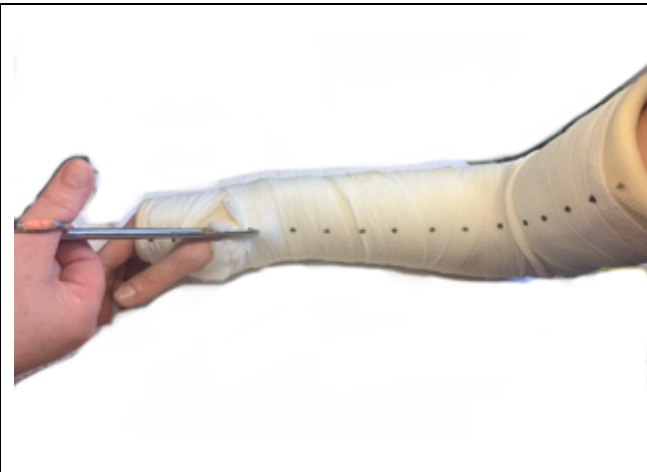
Resting your injured arm and keeping this elevated helps with pain and swelling.

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.



Back slab



Soft cast

Cut along dotted lines as shown in picture. Start at the edges of the cast, taking care around the elbow.

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

Video to exercises: <https://www.fracturecare.co.uk/care-plans/elbow/> from Brighton & Sussex University Hospital

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

Straighten arm- Support injured arm and straighten your arm from neutral and return

Bend arm- Support injured arm, bend your arm to the shoulder and straighten








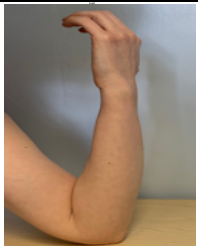





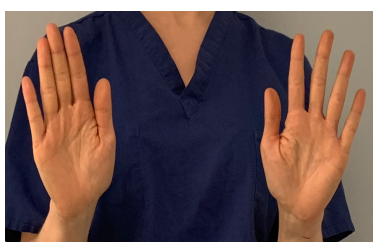

Table exercises – Rest your elbows and bend/ straighten your elbow

Wrist twists – Tuck your elbows into your side and show palms to ceiling and floor

Jazz Hands- With elbows tucked into side, wave hands side to side

Stop sign/ High & Low fives- moving arm, place palm up or down

EXERCISES These must be done by the child, don't help as this can cause problems.

Straighten arm		Bend arm	Stop sign	
				
Reach for the stars		Hands behind head	Hands behind back	
				
Table elbow bend/straighten				
				
Wrist twists				
				
High five		Low five		
				
Jazz Hands				
				

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

01284 713309 please leave message

EXERCISE TICK LIST

Aim to do 10 of each exercise, at breakfast, lunch and tea-time. This can continue for as long as needed.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
• Straight arm	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>
• Bend arm						
• Stop sign						
• Reach for stars						
• Hands behind head	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>
• Hands behind back						
• Table exercises						
• Wrist twists						
• High/ Low fives	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>
• Jazz hands						

Suggested Activities

- Throwing a ball/ catch
- Rock/Paper/Scissors
- Head, shoulders, knees and toes.
- Shadow Puppets
- Hand clapping games
- Colouring in books
- Writing

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/YS6V8LK>



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

The survey will take 2 mins of your time to complete.

Thank you