



CHILDREN'S UPPER LIMB- BELOW 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>

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

Rock/ paper/ scissors- make a fist/ straighten out palm/ straighten index and middle fingers with made fist and move fingers away from each other

Sock squeeze- use a stress ball/rolled up socks to squeeze

High five/ Low five- moving arm, place palm up or down



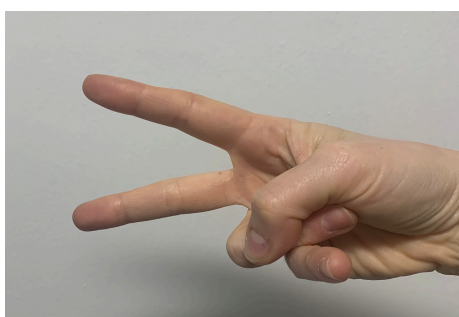

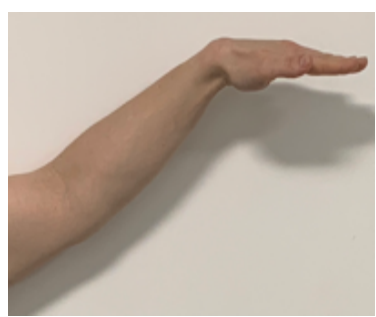



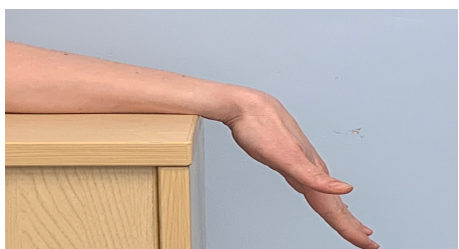





Up-down-wave/ table wave – over the edge of a table, move wrist up and down

Jazz hands- with palm open, move from side to side

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

EXERCISES

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

Rock	Paper	Scissors
		
Sock squeeze	High five	Low five
		
Up-down-wave/ table wave		
		
Jazz Hands		
		
Wrist twists		
		

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
• Rock						
• Paper	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>	Breakfast <input type="checkbox"/>
• Scissors						
• Sock squeeze						
• High/low five	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>	Lunch <input type="checkbox"/>
• Up/down wave						
• Jazz hands/ side wave						
• Wrist twist	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>	Tea <input type="checkbox"/>

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/YTWPSXN>

FOR QR code-

open up your camera on smart phone and link will pop up.

The survey will take 2 mins of your time

