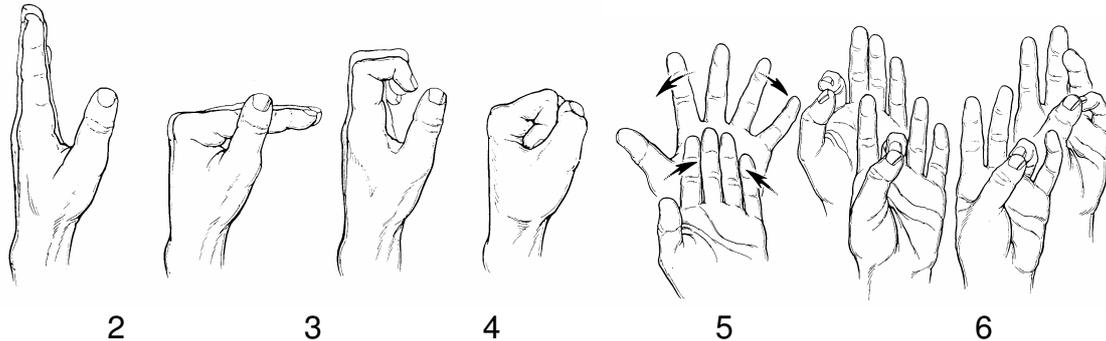
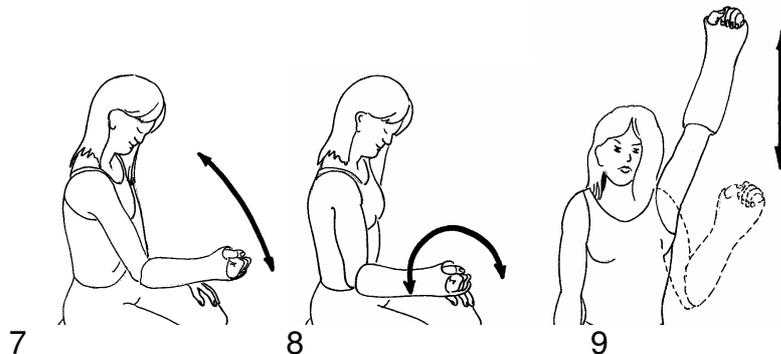


## Instructions for patients with an arm cast

- The cast takes about half an hour to set, during which it warms up slightly. The casted limb must be still during the setting process. The cast dries further for two days. Do not impede the drying process with clothing!
- The casted arm must not dangle at the side. Hold it up with the fingers above the level of the heart, without using a sling. This will prevent the arm from swelling.
- When resting, the arm must be supported with a pillow so as to be above the heart.
- It is very important to preserve the good mobility of all the uncasted arm joints, so please follow the exercise programme below:



1. stretch all your fingers
2. bend your fingers (except for the thumb) at the base, with the middle and end knuckles extended
3. extend your first joints and curl the middle and end knuckles
4. make a fist
5. spread apart your extended fingers, then press them together
6. use your thumb to touch the fingertips of the second, third, fourth and fifth fingers



7. extend and contract the elbow
  8. with your elbow against the body, rotate the hand in both directions
  9. raise the arm above your head – do the exercise even with a long arm cast (to the shoulders)
- You should, of course, skip exercises that you are unable to do, e.g. if your cast covers your fingers or elbow.
  - It is recommended to repeat these nine exercises for five minutes every hour. Half an hour's exercise once a day only can do more harm than good!
  - If your fingers are swollen, lift the casted arm and exercise your fingers.
  - It the swelling persists and the cast feels tight while the limb feels increasingly painful and your fingers look blue, go to the nearest surgical clinic immediately.

We wish you a quick recovery!