

Lower Extremity After Cast Care Information

Your child has just had his/her cast removed. Here is some information to assist you with their recovery:

- The affected limb may be stiff and sore for a few days after the cast is removed.
- The affected limb may appear smaller after the cast is removed. This is due to the muscle weakening which occurs while the cast is on. The limb will return to normal size as muscle strength returns.
- The skin may appear dry and flaky, and may have red or raw areas. You may cleanse the area with soap and water and apply non-perfumed lotion to the area. Do not scrub the area with a loofah pad or a rough cloth as skin may be sensitive and bleed. This should clear up in a couple of days.
- Follow the doctor's activity restrictions precisely to allow your child to heal completely.

AFTER CAST STRETCHING AND STRENGTHENING EXERCISES

Here are some stretching and strengthening exercises to help them with their recovery:

- **Towel Stretch**: Have your child use a bath towel. While sitting down, place the bath towel around the ball of their foot. Holding each end of the towel, pull towards their body slowly until they feel it stretching the back of the heel and calf. Hold this position for 10-15 seconds. Rest. Do the stretch 2 times each day.
- **Alphabet**: While sitting down, have your child spell out the alphabet with their foot. Make sure they are moving the ankle, not just the toes. Do this twice a day.
- **Toe Raises**: Have your child stand up against a counter, placing their hands on the counter for balance. Have them rise up on their toes as far as they can, then slowly go back down until their feet are flat. Do not bounce. Do about 10-15 toe raises, twice a day. After it is easy to do the toe raises with both feet, have them stand only on the affected leg, holding the unaffected leg up. Do 10-15 toe raises only on the affected limb 1-2 times per day.

It may take your child several weeks to regain full motion of the leg/ankle, but little by little this will improve by doing the stretches. Your child may limp after the cast comes off, for sometimes twice as long as the cast was on. This will gradually get better over time.

To reach your child's physician for any questions or problems, call the office at (800) 682-4220.

CONTINUE ACTIVITY RESTRICTIONS FOR _____ WEEKS.