

Exercise Program for the Removable Rigid Dressing

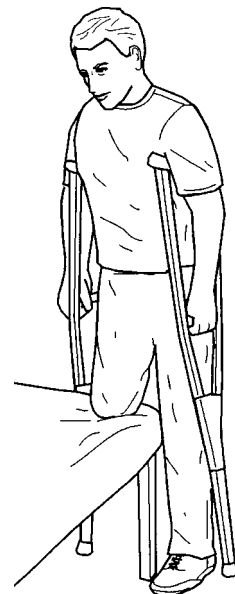
Do only the steps checked by therapist.

- Sit in a chair, place the strap around the bottom of your cast and hold the ends in both hands. Pull the strap towards you while pushing down with your cast into the strap. Hold this position for a count of 5 and then relax.



Repeat _____ times, _____ each day.

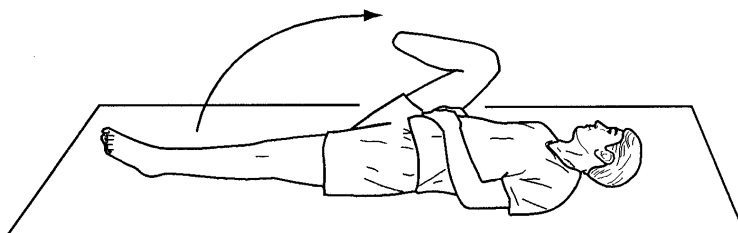
- Stand next to a bed or chair, holding onto your crutches or walker for support. Place the cast on the bed and put weight down through the cast. Hold this position for _____ seconds.



Repeat _____ times, _____ each day.

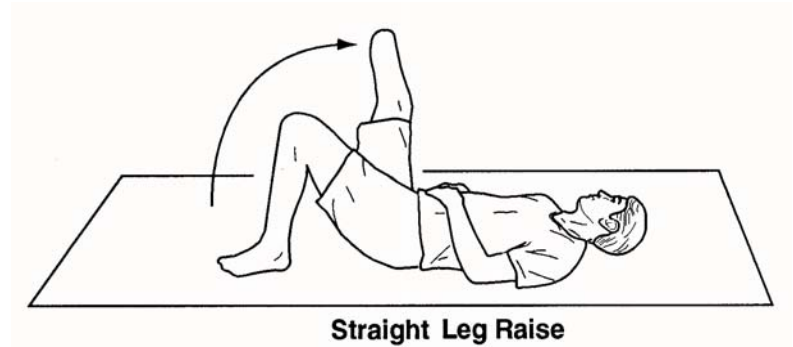
Lie on your back:

- Bring one knee to your chest. Bend it as far as possible then straighten it completely. Return to starting position.

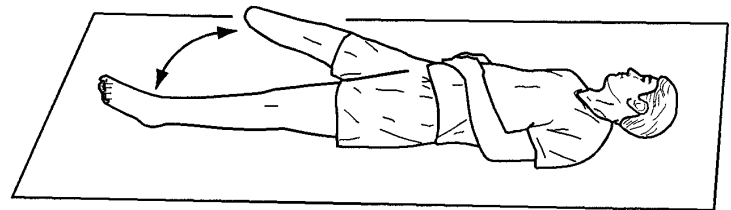


Knee Bending

- Keep your knee straight and lift your leg toward the ceiling. When your knee begins to bend, return it to starting position.

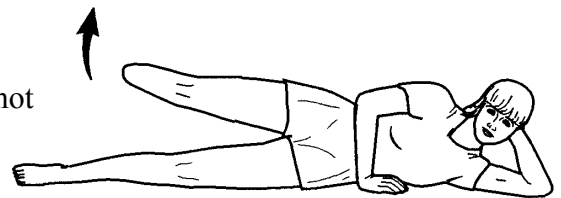


- Keep your knee straight and bring your leg out to the side as far as possible. Keep your leg close to the bed. Return to starting position.



Lie on your side:

- Keep your knee and hip straight. Lift your leg toward the ceiling, but do not bend your hip forward. Return to starting position.
- Keep your knee straight and move your leg backwards as far as possible. Return to starting position.



Home care instructions:

- Remove the cast daily to examine the incision. Do not leave the cast off longer than 20 minutes. This will give your leg an opportunity to swell.
- If the cast becomes too loose, add 1 ply socks until the cast is snug. Your leg will shrink in size so expect to add socks under the cast. You may add up to 10 layers under the cast as needed, so your cast fits snugly.
- General pain or pain all over your leg is expected, but pain in just one spot is not expected. If you have pain in one area, remove the cast and look at your skin. If an area is reddened or sore, do not replace the cast but keep the compressive stockinette and socks in place and call your doctor.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.