



Lying or sitting —

- Bend and straighten your toes briskly
- Repeat ___ times.

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Please note these are general guidelines and instructions may change for your specific condition.

If you have any further questions, speak to your doctor at your next clinic appointment or contact your physiotherapist at

Tel: 021-4546400, bleep 351 – Cork University Hospital

Tel: 021-4921236 – St. Mary's Orthopaedic Hospital

References

Brinker MR (2001), *Review of Orthopaedic Trauma*. WB Saunders Company, Philadelphia.

Hoppenfeld S, Murthy VL (2000), *Treatment and Rehabilitation of Fractures*. Lippincott Williams and Wilkins, Philadelphia.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive
South

Exercises for patients with a below knee cast

Physiotherapy Department



Your consultant has asked that you have physiotherapy to ensure you are safe to mobilise on your own without putting weight on the injured leg.

It is also to ensure you do exercises to relieve stiffness and weakness.

Do

- Keep your leg raised up (elevated) using pillows.
- Mobilise with your frame or crutches.
- Rest the leg up most of the time.
- Keep your leg elevated when travelling in the car.
- Your exercises 4–6 times a day.

Don't

- Put weight through the injured leg until your physiotherapist or consultant says you can.
- Drive until your consultant says you can.

You should always be able to run a finger around the inside edge of the cast at the top and at the bottom.



If you have any of the following:

- extra swelling
- extra pain
- pins and needles
- numbness
- prolonged change of colour to your toes not relieved by elevating the leg

Report immediately to the emergency department.

Exercises*

Do the following exercises 4–6 times a day.

Lying on your back with legs straight —



- Bend your ankles and push your knees down firmly against the bed. Hold 5 seconds. — Relax.
- Repeat __ times.

Lying on your back —



- Bend and straighten your leg.
- Repeat __ times.