

→ Immobilizing cast

AN IMMOBILIZING CAST HAS BEEN APPLIED AS PART OF A FRACTURE TREATMENT



Movements

This reduces swelling and improves circulation.

Exercise joints and parts above and below POP.

It may happen that increased swelling around the fracture makes the POP too tight, and that elevation is not effective. If you observe any of the following, please contact us or your lokal hospitale.

- Cold and/or numb fingers/toes
- Severe pain due to the POP
- Swelling of fingers/toes (making a fist becomes difficult)

Do not hesitate to ask for help if you feel something is wrong - particularly if the POP feels too tight!

Ortopedisk department, Innlandet Hospital Trust

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We thus recommend the following:

Keep the fractured extremity **elevated**.

This reduces swelling at the fracture site and prevents the POP from becoming too tight.

Close your fist!



Open your hand, extend your fingers!

