

Exercises After Your Arm Cast Is Removed

It is normal to have **stiffness, weakness, swelling, and dry skin** after your cast comes off. These exercises will help restore movement and strength. Start gently and build up slowly.

Important points

- Do exercises **3–5 times per day**
- Expect **mild stretching discomfort**, but **stop if you feel sharp pain**
- Movement should improve gradually each day
- Your arm may tire easily at first – this is normal

Exercises

Wrist

- Bend your wrist up and down
- Move your wrist side to side
Repeat 10 times each

Forearm

- Turn your palm up and down (like turning a key)
Repeat 10 times

Fingers

- Make a fist, then fully straighten your fingers
- Touch your thumb to each finger
Repeat 10–15 times

Elbow

- Bend and straighten your elbow fully
Repeat 10–15 times

Shoulder

- Lift your arm forward and overhead as comfortable
- Lift your arm out to the side
- Roll your shoulders backwards and forwards
Repeat 10 times each

Strengthening (after a few days, if comfortable)

- Squeeze a soft ball or rolled towel
- Use your other hand to assist movements if stiff
Hold 5 seconds, repeat 10 times