

Exercises After Your Leg Cast Is Removed

It is normal to have stiffness, weakness, swelling, and dry or flaky skin after your cast is removed. These exercises help restore movement, strength, and confidence in your leg. Start gently and progress gradually.

Important points

- Do exercises 3–5 times per day
- Mild discomfort or stretching is normal; stop if you feel sharp pain
- Swelling is common at first – elevate your leg after exercises
- Follow your clinician’s advice about weight bearing

Exercises

Ankle

- Move your ankle up and down
 - Move your ankle in and out
 - Make gentle circles in both directions
- Repeat 10 times each

Toes

- Curl and straighten your toes
 - Spread toes apart, then relax
- Repeat 10–15 times

Knee

- Bend and straighten your knee while sitting or lying
- Repeat 10–15 times

Hip

- Lift your leg straight up while lying down
 - Move your leg out to the side and back
- Repeat 10 times each

Strengthening (start gently)

- Tighten your thigh muscles (push your knee down into the bed), hold 5 seconds
 - Tighten your buttock muscles, hold 5 seconds
- Repeat 10 times each

Walking and balance

- Start walking as advised (with or without crutches/boot)
- Take short, frequent walks rather than long ones
- Focus on placing your heel down first, then rolling through your foot