

Exercises While Your Arm Is in a Cast or Brace

Even though your wrist/forearm is immobilised, it's important to keep the rest of your arm moving to reduce stiffness, swelling, and weakness. These exercises are **safe to do while wearing your cast or brace**, unless your clinician has told you otherwise.

What to remember

- Do exercises **2–3 times per day**
- Movements should be **gentle and pain-free**
- **Do not remove** your cast or brace
- Stop if you feel sharp pain, increased swelling, or numbness

Exercises you can do

Fingers

- Open and close your hand fully
- Bend and straighten each finger
- Make a gentle fist, then stretch your fingers out
Repeat 10 times

Thumb

- Move your thumb away from your palm and back
- Touch the tip of your thumb to each finger if possible
Repeat 10 times

Elbow

- Bend and straighten your elbow as far as comfortable
Repeat 10–15 times

Shoulder

- Lift your arm forward and lower it
- Lift your arm out to the side and lower it
- Roll your shoulders gently backwards and forwards
Repeat 10 times each

Swelling control

- Keep your hand **elevated** when resting
- Gently **wiggle your fingers often**
- Use a sling only if advised