

# Plaster cast following a hand injury

## Important information!



## Dear Patient,

Your hand injury needs to be treated with a plaster cast.

Your hand or arm may possibly swell or shrink with the result that the plaster cast no longer fits as it should.

If you have any complaints or if your cast does not fit properly, please contact the health care professionals listed on the back cover.

We urge you to take the following tips seriously.

**Wishing you all the best!**

## Does the plaster cast fit properly? Are you experiencing discomfort in the plaster cast?

**Close your fist** Can you make a fist with the hand inside the plaster cast?



**Spread your fingers**

Can you spread your fingers?



**Wrist position**

At what angle has your hand been set?



## Hand position

**Keep your hand elevated above heart height – day and night.**

This helps prevent swelling.



## Exercises

**It's important to carry out these exercises several times a day.**

- Spread your fingers and make a fist alternately. Do this with your arm stretched out too.
- Circle your shoulders forwards and back.
- Tendon gliding exercise

**This QR code provides you with a video showing the exercise programme.**



## Movement incorporated into everyday activities



## Please take any problems or discomfort seriously!

**The following questions will help you to clarify possible problems.**

- |  |   |
|--|---|
| <input type="checkbox"/> Does your plaster cast feel too tight?            | <input type="checkbox"/> Is your injured hand swollen?                    |
| <input type="checkbox"/> Do you have a tingling sensation in your fingers? | <input type="checkbox"/> Has the pain become worse?                       |
| <input type="checkbox"/> Does your injured hand feel overly warm?          | <input type="checkbox"/> Is pain causing you to wake up during the night? |
|  | <input type="checkbox"/> Is your plaster case damp/ wet?                  |

**If you have answered yes to any of these questions, please contact a health professional.**

**Important:**  
**A plaster cast should never be too tight!**

**Who qualifies as health professionals?**

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Members of staff from the University Hospital's Acute Orthopaedic and Traumatology Clinic</li></ul> | <ul style="list-style-type: none"><li>• Occupational therapists</li><li>• General physicians</li></ul> |
|---|--|

**Avoid the following**

- Jewellery/ rings on your injured hand
- (Competitive) sport
- Overwarming/ heavy sweating of the injured extremity (arm/ hand)
- High physical activity
- Dampness around or in the plaster cast

**Be mindful of the following**

- Correct positioning of your arm
- Moderate physical activity
- A balanced diet