

Instructions for patients with plaster cast or with moonboot after leg fracture

**You should try these exercises 4 times a day.
Do each exercise 10 times.**

After going into plaster

- Elevate your leg when resting
- Keep your toes and knee moving (see the picture below)
- Use your walking aid as instructed



When resting keep your leg elevated and knee supported



Keep your toes moving



Try and walk normally with your walking aid (only if you are allowed to weight bear)



Bend and straighten your knee



Lift your leg up and tighten your thigh muscles

Please seek medical attention if:

- The plaster becomes too tight
- Your swelling increases
- You have constant pins and needles
- You have increased pain



Phone **Plaster Room** between 8.30 - 4.00pm (Mon-Thurs) and 8.30 - 11.30am (Friday)

Tel: 0131 242 3408

Out with these hours contact the Emergency Department

Tel: 0131 242 1300 / 1 / 2

Physiotherapy Department
Royal Infirmary of Edinburgh

NHS
Lothian

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