While in cast use your hand normally for light activities



Mealtimes



Leafing through newspapers



Brushing your hair



Writing



Buttons & zips

KEEP MOVING: KEEP USING



KEEP MOVING

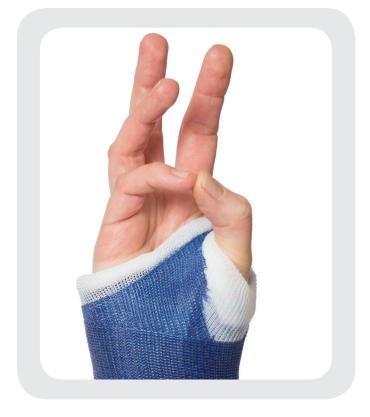






Every waking hour:

- Raise your hand above your head.
- Make a full fist & straighten your fingers.
- Make a circular motion with your thumb.
- ◆ Try and touch your thumb to the tip of each finger.



 Keep fingers, thumb, elbow and shoulder moving.