

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.