

## **Activity Restrictions after Cast Removal**

Your child's broken bone is healed and the cast is off. The bone is still weaker than your child's other bones.

- Your child can slowly start to use their arm or leg.
- Your child may need to wear a splint or brace for a while. This can be taken off for baths or exercise.

### **When can my child go back to normal activities?**

Your child should not do things that may cause a fall for at least two weeks. If the fracture was more severe activities may be limited longer.

#### **For two weeks your child should not:**

- Take part in gym (physical education) class at school. Ask your child's doctor or nurse for an excuse to limit activities at school.
- Ride a bike or use playground equipment such as swings, slides, monkey bars, etc.
- Do gymnastics or use trampolines.
- Skateboard or rollerblade.
- Ski.
- Climb trees.
- Play any contact sports.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**