

activities.

Restrict strenuous activities for the first few days:

- Engage in quiet activities but encourage use of muscles.
- Move the joints above and below the cast on the affected extremity.

Encourage frequent rest for a few days, keeping the injured extremity elevated while resting.

Avoid allowing the affected limb to hang in a dependent position for any length of time:

- Keep an injured upper extremity elevated (e.g., in a sling) while upright.
- Elevate a lower limb when sitting and avoid standing for too long.

Do not allow the child to put anything inside the cast. Keep small items that might be placed inside the cast away from small children.

Keep a clear path for ambulation. Remove toys, hazardous floor rugs, pets, and other items over which the child might stumble.

Use crutches appropriately if lower limb fracture requires non-weight bearing on affected extremity.

The crutches should fit properly, have a soft rubber tip to prevent slipping, and be well padded at the axilla.

With crutch walking, the child's body weight is supported on the hand grips, not the axilla.