

Taking care of your cast

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or follow the QR-code
for cast care advice
and videos



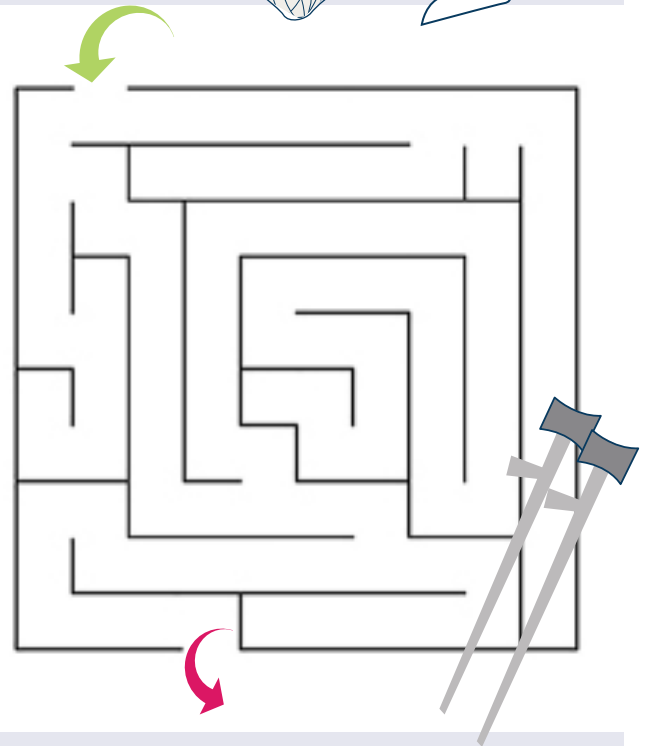
Fill in the blanks
below to find the
words hidden in
the word search!



Help Katie
find her crutches.
She lost them
in the maze!



B	V	N	Q	E	I	R	B	A	C	M	W	G	T	C
B	X	W	W	N	K	E	S	G	R	B	U	Q	V	M
X	V	Q	S	I	R	T	W	M	G	J	A	V	D	X
C	E	I	O	B	W	A	I	B	Q	J	U	M	K	X
D	D	R	R	C	P	W	F	O	M	Y	G	C	H	S
E	Z	V	L	G	S	K	S	A	N	D	H	A	R	U
N	J	G	E	L	C	N	M	J	Q	Z	L	R	U	E
C	E	B	X	D	A	M	S	J	Y	K	A	B	E	Z
X	S	Y	C	L	S	N	L	T	V	Q	K	D	U	M
Q	Z	H	I	J	W	E	I	F	X	H	P	H	R	B
Q	V	S	M	U	O	J	N	T	Q	O	L	A	C	Y
Z	W	E	D	Z	W	N	G	G	F	W	L	K	K	T
X	R	C	A	S	T	G	A	B	X	O	G	G	Q	H
R	K	H	K	I	L	H	S	S	F	I	S	G	U	D
T	Q	M	D	C	D	S	D	J	K	U	F	I	K	V



- Keep your _____ up while resting.
- Only rest your cast on _____ surfaces.
- Wear your _____ if you have an arm cast.
- Do not put anything _____ your cast.
- Protect your cast from water by wrapping the cast in a plastic _____.
- Keep your cast out of the _____. Even with a plastic bag you can not _____.
- Do not scratch your skin _____ your cast.
- Avoid _____, it's very itchy and scratchy.