

When your cast comes off...

Your arm or leg might
still look a bit bent,
but that's ok!
It will straighten
out over time



You can start
using your
healed arm or
leg like normal.



Avoid high impact
activities for
several weeks
following cast
removal

How do bones heal?



If you have any concerns following the removal of your cast,
please contact your family GP

Fracture (Broken Bone) 1-2 days



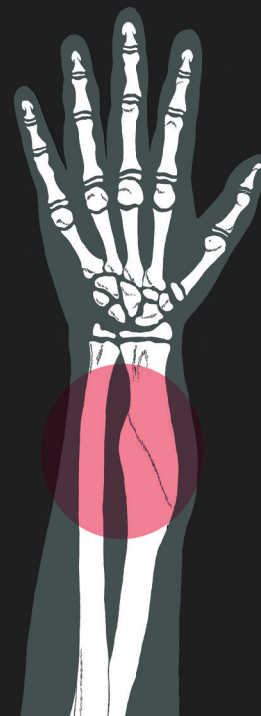
The doctor
uses an XRAY
to take a
photo of your
bones

Soft Callus 3-4 weeks



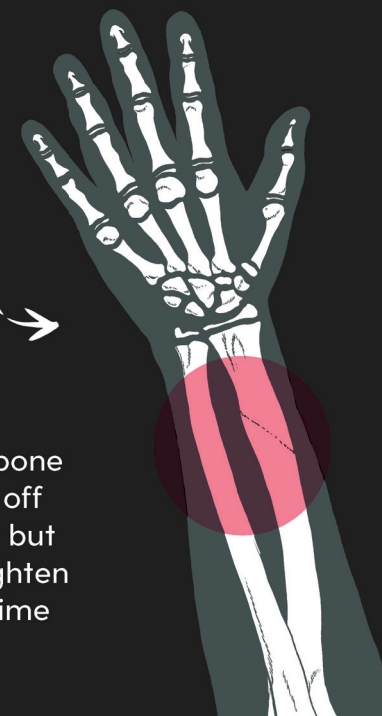
Your body
makes bone
cells that
glue the
bone back
together!

Bony Callus 4-8 weeks



A healing bone
can start off
quite bent but
it will straighten
out over time

Remodelling months-years



Broken bones heal in stages.

The time it takes for a bone to heal depends on how old you are, as well as other things like the kind of broken bone you have and nutrition (what you eat and drink).

**Bones heal faster in children
than in grown-ups**



Baby
3-4 weeks



8 year old
8 weeks



12 year old
12 weeks



Adult
16+ weeks

Approximate time for a broken thighbone (femur) to heal