



Forearm cast removal exercises

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Forearm--Wounds and injuries
Fractures--Treatment

Abstract: Exercise-related questions or concerns? Please contact the IWK Pysiotherapy department at 902-470-8025. There are many factors involved in caring for an injury and returning to sports. This may be different for every patient depending on things like the type and stability of their injury. If you have had a simple fracture or injury you will likely be able to return to sports sooner than someone with a complex fracture or injury.

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