

Fractured Wrist

Information and exercises for patients

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Therapy Services

Patient Information

Exercises:

1. Finger flexion/extension

- Bend your fingers to make a fist and then straighten them out as much as possible.



Repeat x.....

2. Thumb opposition

- Using your thumb, try to touch each of your fingertips in turn



Repeat x.....

3. Supination/pronation

- With your elbow bent at a right angle by your side, rotate your forearm so that your palm is facing the ceiling and then the floor.



Repeat x.....

4. Elbow flexion

- Gently bend then fully straighten your elbow.



Repeat x.....

5. Hand behind head

- Take your hand behind the back of your head.



Repeat x.....

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Patient Information

Plaster care

Seek help immediately if:

- The plaster is rubbing or digging into your skin
- You experience numbness or pins and needles in your fingers
- There is increased swelling
- The fingers go blue or white
- You experience severe pain
- There is discharge through the plaster

Using the arm

It is good to use your hand as much as possible, but you must not get the plaster wet, put weight through the hand or carry heavy weights. Using the arm as normally as possible (i.e. to eat and dress) will help to prevent muscles from weakening whilst in plaster.

Swelling

For the first week after the fracture, it is recommended that you elevate your hand above the level of your heart when you are not using it. If your fingers swell and the plaster becomes too tight, or you cannot move or feel your fingers or thumb, please notify the plaster room immediately.

Therapy Services

Patient Information

Contact details

If you require further advice please feel free to contact us:

Therapy Team: 01202 448179

Plaster Room: 01202 442140

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

The Health Information Centre

Poole Hospital NHS Foundation Trust

Longfleet Road

Poole

Dorset

BH15 2JB

Telephone: 01202 448003

www.poole.nhs.uk

We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email pals@poole.nhs.uk for further advice.