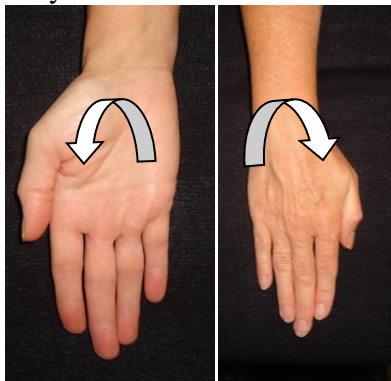


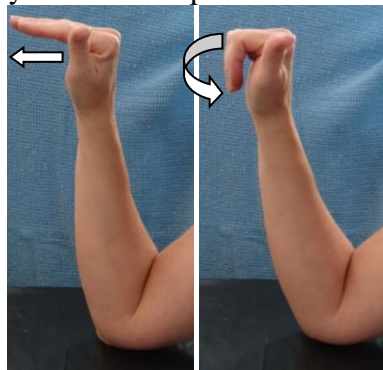
3. Sit sideways to a table. Bend your elbow and rest your forearm on the table. Turn palm upward as far as you can comfortably. Now turn palm downward as far as you can comfortably. Repeat 10 times x 4 daily.



4. Move the tip of your thumb towards the bottom of your little finger. If you are unable to reach the bottom of your little finger, begin with tip to tip and work your way down towards the base of your little finger as your movement improves. Repeat 10 times x 4 daily.



5. Place your elbow resting on a table. Bend your knuckles keeping the rest of your finger straight so that your knuckles are bent at a right angle. Now bend the middle joint of your fingers to stretch the tip of your fingers towards your wrist. Repeat 10 times x 4 daily.



6. Rest your elbow on a table. Keep your knuckles straight and bend the tips of your fingers into a “hook” position. Now straighten the fingers again. Repeat 10 times x 4 daily.



Seek medical attention or speak to your Physiotherapist if you experience:

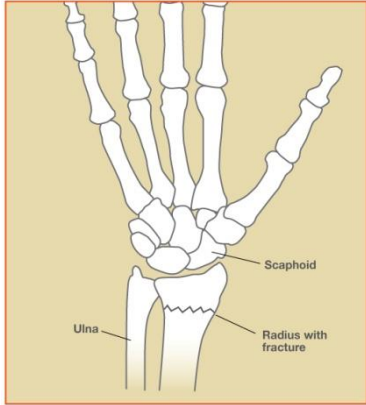
Increased pain, swelling, pins and needles or numbness that is not relieved by rest, medication and raising your arm.

Patient Information Leaflet

Early Mobilisation Following Wrist Fracture

What Is A Wrist Fracture?

A wrist fracture is a break in one of the bones of your wrist, most commonly the radius bone. In medical terms it is called a “distal radius fracture”. Occasionally a small break or chip can also occur in the ulna bone.



How Is A Wrist Fracture Treated?

Wrist fractures can be managed by being immobilised in a cast for a period of time (conservative management), or through surgery to stabilise the fracture. Your Orthopaedic doctor will decide on the most appropriate treatment for you based on the type of fracture that you have.

If you have had surgery to stabilise the fracture, you may be placed in a removable splint and allowed to do exercises as prescribed by your physiotherapist in order to regain your movement as soon as possible.

Is It Safe To Move My Wrist?

Your doctor may have performed a surgery to fix the fracture in your radius bone. Your doctor has deemed it safe for you to move your hand under specific instruction as advised by your physiotherapist.

Pain and Swelling

Pain and swelling is normal after a fractured wrist. To help manage this we suggest resting your hand in an elevated position, and removing your splint as prescribed to perform gentle exercises. Basic pain relief such as Paracetamol or Ibuprofen may also help. Should your symptoms become severe, we would advise consulting your GP.

How Long Will My Fracture Take To Heal?

It takes approximately 6 to 8 weeks for your bone to heal, and a further 6 weeks for the bone to become almost as strong as it was before. For this reason we advise avoiding lifting /pulling anything heavier than a half-full cup of water or leaning your body weight on your hand until at least 6-8 weeks following your injury.

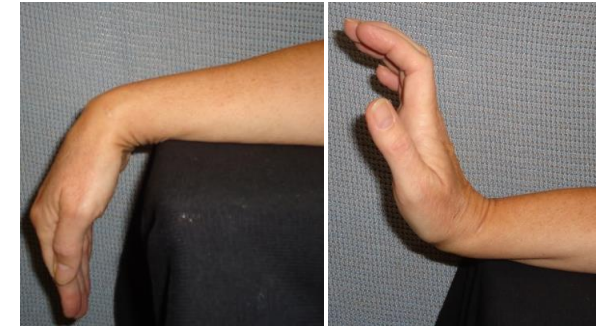
Some wrist fractures may have been held in place with a metal plate, making it safe to begin performing gentle movement exercises (as in this leaflet) from 2-4 weeks after your surgery. Your orthopaedic doctor or physiotherapist will advise you when it is safe to begin these exercises.

What Should I Do Now?

You should wear your removable splint at all times until further instruction from your doctor or physiotherapist. It may be removed to clean and moisturize your skin, and to perform the following exercises (if you have been advised by your orthopaedic doctor or physiotherapist to do so). It should be re-applied afterwards once your skin is clean and dry.

Exercises

1. Rest your forearm on a table with the wrist on the edge of the table and your palm facing downward. Move your hand downward as far as you can comfortably. Now lift your hand up as far as you can, while maintaining the wrist and forearm in contact with the table. Repeat 10 times x 4 daily.



2. Place your palm face down on a table. Turn your hand toward one side as far as you can comfortably. Now turn your hand in the other direction. Repeat 10 times each direction x 4 daily.

