

Wrist exercises following fracture

Information for patients

Your treatment will depend on how severe your injury is. In most cases treatment will include a cast or splint.

This information leaflet provides guidance on the amount of exercises you should aim to do once the cast or splint has been removed, or if instructed the splint can be removed for exercises once pain has settled.

However let pain be a guidance on how much you can do. Aim to do as much as you can within the amounts given.

Aim to perform these exercise at least 3 times a day.

Pain relief

Take over the counter painkillers as needed. Elevate and apply a cold pack on the wrist to help with swelling if required.

General advice

Try to avoid putting weight through your hand for the first 8-12 weeks after injury/surgery

You can use your hand for light tasks but avoid heavy repetitive tasks in the first 10-12 weeks.

Avoid swinging your arm down by your side (such as in brisk walking) for prolonged periods of time to avoid the onset of swelling in your hand.

If you do notice swelling in your hand and fingers try to keep the area elevated and do your hand exercises regularly.

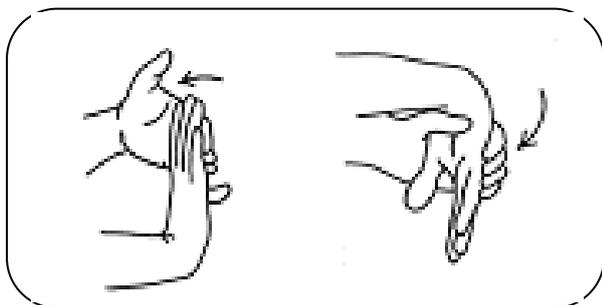
Driving: You should allow a period of approximately six weeks before driving and you need to be certain that you have enough strength and control to drive safely.

Your cast needs to be removed before driving.

Time off work: Most people are back at work once their cast has been removed, however this is dependent on the nature of your job. It is usually around 12 weeks before you can return to a manual heavy job

Wrist and fingers

Flexion and extension;



Move your wrist up and down as far as comfortable, you may wish to do this over the edge of a table or chair arm. You may use your other hand to stretch (do not cause pain). Hold for 5 seconds.

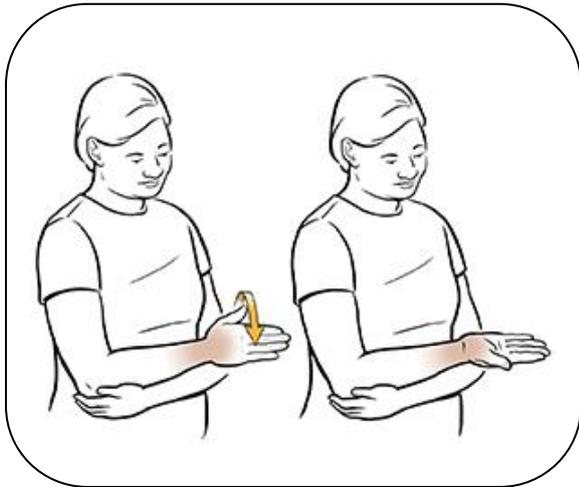
Repeat each direction 10 times



Place your forearms on a table, push your hands together as hard as you are able. Hold for 5 seconds.

Repeat this 10 times

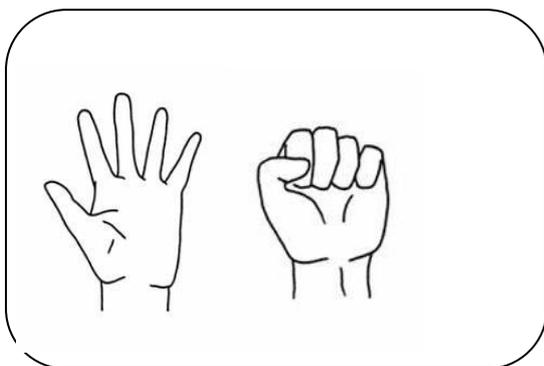
Forearm rotation;



Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. Alternatively put your forearm on a table and turn your palm upwards to the ceiling as far as you can, then turn the palm to face the floor.

Repeat 10-15 times

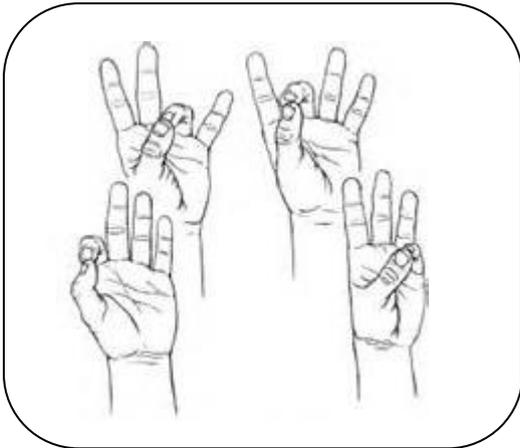
Finger flexion and extension;



Make a fist with your hand and hold for 5 seconds, release. After a few days you can hold a sponge or a pair of socks in the hand of your injured arm. Squeeze the ball as hard as possible without pain.

Repeat 10 times

Thumb dexterity;



Touch your thumb to each finger tip starting with index finger, working along to your little finger. Once you reach the little finger slide the tip of your thumb down the finger to the palm.

Repeat 10 times.

If you have any comments or concerns you can contact the physiotherapy department 01642 835709.



Please scan QR code for link to exercises on James Cook Hospital Website