

Physiotherapy Advice Following Wrist Fracture

- Following your wrist fracture you should carry out the below exercise 3 times per day
- Avoid holding arm across body. If resting e.g. sitting, vary your arm position often
- Following injury, a degree of discomfort is to be expected. However, it is important to begin moving your arm as soon as possible to prevent stiffness and return to normal function as soon as possible.
- Ensure you have adequate pain relief, speak to your GP or Pharmacist if you have a lot of pain and are unable to carry out your exercise
- After a fracture avoid anti-inflammatory medication, this can slow down fracture healing
- Ice and massage to the area can help with swelling
- Heat can also help reduce pain i.e. hot water bottle wrapped in towel, this is especially useful prior to exercise or exercise in basin warm water.
- Ensure you have a good diet with Vitamin D and calcium as this can promote bone healing
- Smoking can slow rate of healing, therefore it is recommended if you smoke to stop.
- 6-8 reps of each exercise 1 x day increasing to 3 x day
- 4-5 x per week

Exercise:	Picture:	Instruction:
<p>1. Tendon glides Ensure finger mobility post-fracture / removal of cast</p>		<p>Start with an open palm (centre image) and then bend your fingers to a claw hand as in the upper left image. Return to an open palm and then to an "L hand" as shown in the upper right image. Return to an open palm and then make a flat fist as in the bottom left image. Return to an open palm and then make a full fist with finger pads in your palm as in the bottom right image.</p> <p>Finally, return to an open palm and then repeat (same order).</p>

<p>2. Thumb Opposition</p>		<p>Start with an open palm and fingers extended.</p> <p>Next, touch the tips of the first and second fingers. Then return to open palm.</p> <p>Next, touch the tips of the first and third fingers, etc until all fingers have performed as shown.</p>
<p>3. 'Hand pumps'</p>		<p>HAND PUMPS- help reduce swelling</p> <p>Hold your hand up as shown. Open and close your hand into a fist and repeat. If you cannot make a full fist, then make a partial fist. This can help with reducing swelling and stiffness.</p>
<p>4. Wrist extension</p>		<p>Rest your arm on your thigh / a table and bend at your wrist up and down with your palm face down as shown – keeping fingers 'flexed' throughout.</p> <p>Return to original position and repeat.</p> <p><i>'Rev a motorbike'</i></p>
<p>5. Wrist flexion</p>		<p>Rest your forearm on the edge of a table, palm facing down. Now use your other hand to bend your wrist down towards the floor until you feel a stretch. Hold for 30 seconds.</p>

<p>6. Ulnar / Radial deviation</p>		<p>Bend your wrist towards the a) little finger side and then return (Ulnar) b) towards thumb side & return (Radial)</p>
<p>7. Wrist supination 'Palm up'</p>		<p>Bend you elbow to 90 & fix / 'hold' against your side with your thumb facing upwards. Turn your palm up and return to starting position</p>
<p>8. Wrist supination stretch</p>		<p>Elbow flexed 90 & held at your side, turn your wrist palm up. Using your other hand grasp your wrist (from underneath) at the bottom of forearm as shown ('watch level') & assist the movement as able.</p>
<p>9. Wrist pronation 'Palm Down' a) Active b) Pronation stretches</p> <p>As in exercise No. 6 but working in opposite direction i.e. Palm Down</p>		

<p>10. Wrist extension / weight-bearing</p>		<p>Place both hands on a table as shown and gently lean forward until a stretch is felt.</p> <p>Weight bear as able through wrist.</p> <p>Be aware this it may take a number of weeks before you are able to tolerate weight through the wrist</p>
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