

Patient exercise program following wrist fracture treatment

You've fractured the end part of one of your forearm bones called your radius. This is a very common fracture. In most cases, people who suffer this injury will, in time, make a full recovery.

Regardless of the method of treatment, the exercises explained in this sheet have been provided to help you with your recovery.

Initial treatment

- The two most common forms of treatment are;
 1. Non-surgical; the fracture is straightened and a plaster cast or splint is applied to your wrist for about six weeks
 2. Surgical; a metal plate is attached to the bones to hold the fracture in place
- Whichever type of treatment that you have, it's important that you keep your shoulders, elbows and fingers moving. You should practice the first three exercise on the reverse of this sheet for about a minute each exercise, several times per day

After you have the cast removed

- If you have surgical treatment, may need to have stitches removed. You should care for the surgical wound.
- You will likely have some residual swelling. This will resolve with time and as you start to use your hand more. You may be given an elastic bandage to wear over your wrist for the first week or so
- Your wrist and fingers will likely be stiff. This stiffness will reduce as you start to use your wrist and hand more each day. It's important that, within your limits of comfort, you start to use your hand again to perform normal daily activities. The fractured bone should be strong enough to allow you to gradually return to normal activity.
- For the swelling and stiffness, it will be helpful to practice all six exercises on the reverse of this sheet for the first few weeks following the removal of the cast. Perform each exercise for about one minute, several times per day
- Complications to be aware of; complications are uncommon but you should seek your doctor's advice if you notice:
 1. That the swelling, pain and stiffness is getting much worse, rather than better
 2. If there are any signs of infection of the surgical wound; weeping, redness, heat, fever, etc.

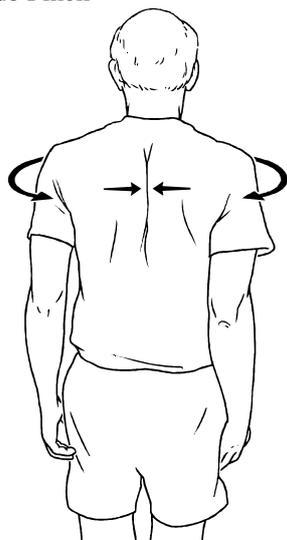
1. SHOULDER - Shoulder Blade Pinch

Pull shoulders back and down, pinching shoulder blades together.

Hold 5 seconds.
Relax.

(If necessary, steady self with arms back on support high enough so legs need not bend.)

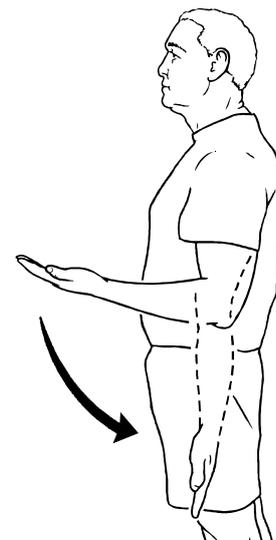
Repeat this exercise 10 times, for at least 3 sessions each day.



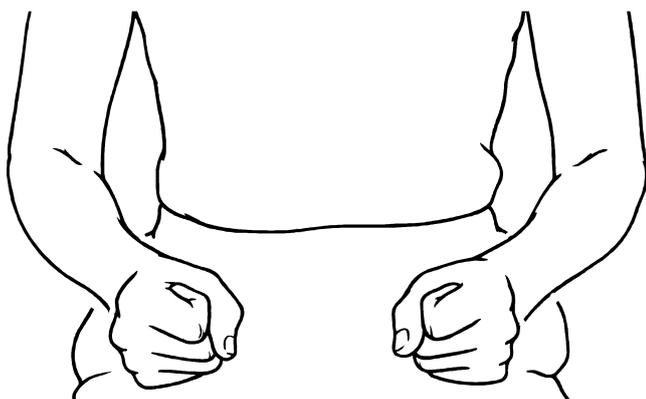
2. ELBOW - Elbow AROM

Standing or sitting, bend both arms to touch your shoulders, then return to your sides.

Repeat this exercise 10 times, for at least 3 sessions each day.



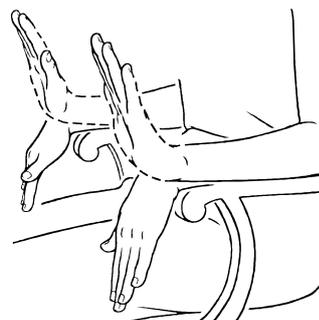
3. HAND / WRIST - Make fists



Make a fist with both hands, then relax.

Repeat this exercise 10 times, for at least 3 sessions each day.

4. HAND / WRIST - Active flex/ext



Place arms on chair arms with wrists hanging over, palms down. (Use table top if armrests are not available.) Lift hands by bending wrists, then let hands fall.

Repeat this exercise 10 times, for at least 3 sessions each day.

5. HAND / WRIST - Active RD/UD

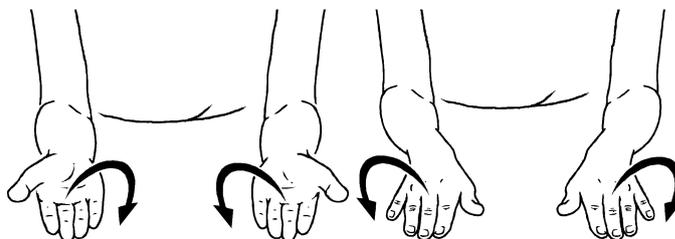
Starting with palms facing down, turn wrists outward.

Then turn wrists inward.



Repeat this exercise 10 times, for at least 3 sessions each day.

6. HAND / WRIST - Active supination/pronation



With elbows at sides, alternate turning hands palm-up and palm-down.

Repeat this exercise 10 times, for at least 3 sessions each day.