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Yeovil District Hospital   
NHS Foundation Trust

## **WRIST FRACTURE**

*Hand Therapy Service*

[www.yeovilhospital.nhs.uk](http://www.yeovilhospital.nhs.uk)

Following the removal of your plaster, it is important to perform the following exercises 4-6 times per day in order for your wrist and hand to heal with maximum flexibility.

Slow controlled exercises are more effective and more comfortable than quick movements.

You may experience some discomfort initially with these exercises which can be eased with the use of a cold damp towel wrapped around your wrist for 5-10 minutes.

If pain persists, please contact your GP or your physiotherapist.

### SWELLING

To reduce the swelling in your hand, it is essential that you follow the instructions below:

- Keep your hand above your heart when standing and walking, using a sling or collar and cuff if provided.
- When sitting or lying, support your arm on pillows at heart height.

### EXERCISES

1. Stretch your arm above your head with your elbow straight, make a fist and then open your fingers and thumb

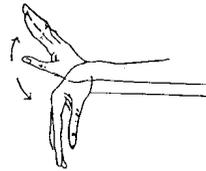
**10 times**

2. Bend and straighten your elbow **10 times**
3. With your elbow bent to 90 and fixed into your waist, turn your palm up to the ceiling and down to the floor

**10 times**

4. Hang your hand over edge of a table or arm of a chair. Lift and lower your hand keeping the forearm supported

**10 times**



To lift hand back, then try with hand held in fist position.

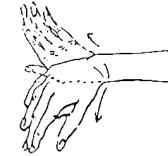
5. With your elbows on a table, place your hands together as if saying your prayers. Gently part your elbows keeping your hands together

**10 times**



6. Rest your forearm on a table with a duster under your hand. Hold your forearm still with the opposite hand. Slide your hand from side to side.

**10 times**



Bend your finger tips to touch the middle of your palm. Use your other hand to help bend the fingers further.

Then fully straighten your fingers.

**10 times**

Bend the tip of your thumb across your palm to touch the tip of each finger

**10 times**

Circle your thumb as wide as possible, stretching the space between your thumb and index finger.

**10 times**

Gripping exercises with a soft ball or sponge.

**10 times**

### USE OF YOUR HAND

Following the removal of your plaster, you may start to use your hand for light activities, as pain allows.

**Driving** - You will be advised by your consultant or physiotherapist when it is safe for you to drive again.