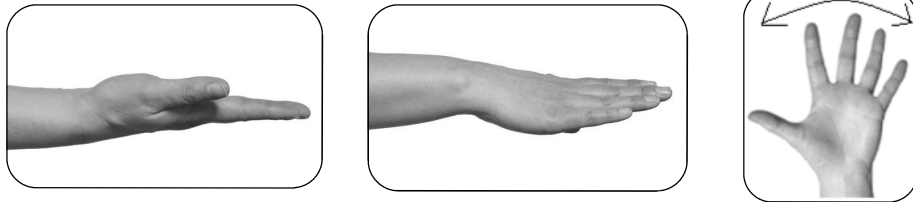
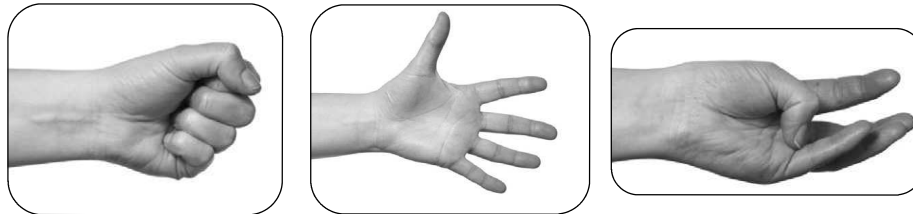


- 3) Keep your elbow bent. Turn your forearm so your palm faces up, then down.
- 4) Keeping your forearm still, move your wrist side to side (Queens wave).



- 5) Make a tight fist, then straighten your fingers as wide as possible.
- 6) Put your thumb towards the base of your little finger, then stretch out.



- 7) Squeeze a ball as hard as you can. As it becomes more comfortable squeeze it harder.



Further information can be found on the NHS website by searching for broken wrist:

<https://www.nhs.uk/conditions/broken-arm-or-wrist/>

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

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Fractured Wrist

Advice and exercise following cast removal

Physiotherapy Departments

County Hospital Louth: 01507 631234
Grantham District Hospital: 01476 464253
Lincoln County Hospital: 01522 573945
Pilgrim Hospital Boston: 01205 445359

www.ulh.nhs.uk

This leaflet provides information, advice and exercise to help you recover from your wrist fracture now that the cast has been removed.

Removing dry skin

After your cast is removed you can soak your arm in warm water to help remove the dry skin. If the skin is dry moisturising cream can be applied.

Pain and swelling

Some pain and swelling around your wrist, hand and fingers is to be expected following the removal of your cast, particularly when you start using your hand again. This should steadily improve with time and use.

The use of painkillers to allow you to use and exercise your hand may be helpful. Always read the label when using over-the-counter medication and consult a pharmacist or your GP if you have any doubts or questions. If the pain becomes severe or continuous contact your GP for advice.

Exercise and activity

Your wrist has been immobilised to allow the bones to heal. During this time your wrist and fingers will have become stiff and the muscles weak. If you have been given a splint, wear it for the minimum recommended time, as it will restrict normal movement which helps recovery.

You are likely to feel apprehensive when you first start to use your hand again, but it is important that you do start to use it. Gradually increase the amount you use your hand as it feels easier and more comfortable.

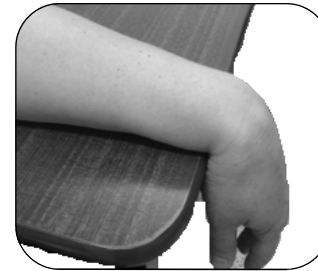
If a lot of exercise is done in one go this may cause an increase in pain which is then likely to cause you to reduce how much you can exercise and use your hand. Try performing the exercises about 3 to 4 times a day in shorter sessions.

The exercises

Try starting with about 10 of each exercise. As your movements increase and the exercises become easier and more comfortable you can increase this number of repetitions and push the movement further.

The function of your wrist will gradually improve over time as you return to your normal activities, particularly in the first 1 to 2 months. However, some residual swelling and stiffness in the hand and wrist is likely to remain for several months, though this should also improve over time.

- 1) Put your wrist over the edge of the table and let it bend as much as possible. Add some extra pressure with your other hand as pain allows.



- 2) Put the palm of your hand on a table / kitchen worktop. Apply pressure with your other hand on top. Now keeping your palm on the table raise your elbow to extend your wrist.

