

If you require a translation please contact:

Se avete bisogno di una traduzione si prega contattare:

Si usted requiere una traducción de esta información por favor contacte a:

اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

FRACTURED WRIST

Advice for Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone 01784 884488 Facsimile 01784 884017

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone 01932 872000 Facsimile 01932 874757

PATIENT INFORMATION

WRIST FRACTURES

A broken wrist will normally be put into plaster. Although this will immobilise the wrist, it is necessary to exercise the joints above and below the plaster in order to:

- Keep your shoulder, elbow and finger joints from stiffening.
- Maintain some muscle strength in your arm and hand.
- Minimise painful swelling by improving the circulation.

SHOULDER EXERCISES

- Lift your arm out sideways and then high above your head 10 times.
- Lift your arm forwards and then high above your head 10 times.
- Lift your arm backwards 10 times.

These exercises **MUST** be done **AT LEAST THREE TIMES A DAY**.

ELBOW EXERCISES

- Bend your elbow as far as you can and then straighten it 20 times.

These exercises **MUST** be done **AT LEAST THREE TIMES A DAY**.

FINGER EXERCISES

- Make a fist as far as you can and then release, straightening your fingers out fully. Repeat this 10 times.
- Stretch your fingers out like a fan, then close them together and squeeze tightly and relax. Repeat this 10 times.
- With your thumb, touch the tip of each finger in turn, squeeze and release. Repeat this 10 times.

These exercises should be done **EVERY HOUR**.

PLEASE REMEMBER:

These exercises are very important and should be done as instructed. This will help to aid your recovery when your plaster is removed.

FURTHER INFORMATION

Should you require further assistance please telephone **01784 884828** for Walk-in Centre, Ashford or **01932 722025** for Accident & Emergency, St. Peter's Hospital.

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