

**NHS Forth Valley
Physiotherapy Services**

Wrist Fracture Advice

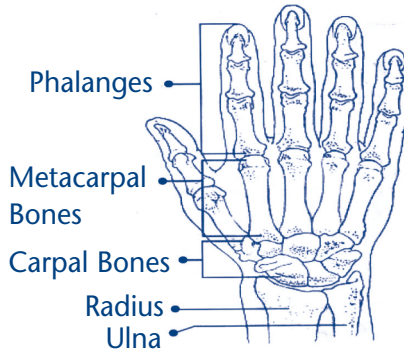
NB (A fracture is the same as a break)

Patient Information Leaflet

A decorative graphic at the bottom of the page consisting of several overlapping, wavy, light blue shapes that resemble stylized waves or a ribbon, extending across the width of the page.

Introduction

The plaster is not removed until the broken bone is healed.



What symptoms may I experience?

1. Pain – this may be due to stiffness of the tissues around the area of injury.
2. Swelling – due to the support of the plaster being removed your wrist may swell and feel stiff.
3. Shoulder/Elbow/Wrist Stiffness and Muscle Weakness – due to lack of use of the arm.
4. Dry Skin/Excess Hair Growth – due to being in the cast for some weeks.
5. Normal daily tasks are difficult.

What should I do to help these symptoms?

1. **PAIN** – painkillers can be helpful - speak to your pharmacist or GP about appropriate medication. Warm water soaks before exercise can help relieve pain and stiffness.
2. **SWELLING AND STIFFNESS** – keep your hand above the level of your heart when resting. Move your arm and hand as shown in the exercise section.
3. **DRY SKIN/EXCESSIVE HAIR GROWTH** – wash the arm and hand with warm water. Use a bland moisturiser (aqueous cream) for the first few days. Excessive hair growth is normal after coming out of plaster and will resolve in time.
4. **DIFFICULTY WITH NORMAL DAILY TASKS** – your strength and flexibility needs to build up before tackling heavy tasks (e.g. carrying full kettle/pots).

What exercises are useful?

It is important to regain the strength and movement in your wrist as soon as possible.

The exercises are designed to increase the movement and strength of your wrist and to prevent your shoulder and elbow becoming stiff.

It is normal to feel some discomfort when moving your wrist initially, but this will reduce with time.

The following exercises should be carried out 5 times every 2 hours. Take each exercise as far as you can then hold for 5 seconds.

Palm down move your wrist forward/back



Forearm supported turn



Palm vertical move wrist



Take thumb to little finger



Stretch hand out wide



Clench fingers



Clasp hands and lift hands above your head



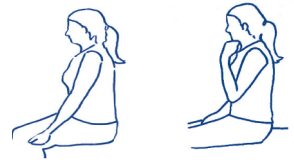
Reach hand behind your head



Reach behind back



Bend and straighten your elbow



Will my wrist get back to normal?

Your ability to carry out daily tasks will improve with time. Use your hand for normal tasks as able but avoid the “Hot, Heavy and Dangerous” tasks to begin with.

You should not drive until you have recovered good wrist movement.

You can return to work when you feel able to carry out your duties. This may be immediately if you have a non-manual job or longer if you do heavy, manual work.

Your movement and strength will improve over several months and will continue to improve for up to a year. It is important to continue with your exercises and not give up.

If you feel you need further help and have not already been referred to a physiotherapist, contact your GP.

Contact details

Physiotherapy Department

SRI 01786 434061

FDRI 01324 616038

You can obtain the service of an interpreter or have this document translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

ਤੁਸੀਂ, 0845 130 1170 ਤੇ ਦੁਭਾਸ਼ੀਆ ਸੇਵਾਵਾਂ (interpreting services) ਨੂੰ ਸੰਪਰਕ ਕਰਕੇ ਇਹ ਦੁਭਾਸ਼ੀਏ ਦੀ ਸੇਵਾ ਜਾਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਆਪਣੀ ਬੋਲੀ ਵਿਚ ਅਨੁਵਾਦ ਲੈ ਸਕਦੇ ਹੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

آپ 0845 130 1170 پر انٹریپرٹنگ سروس سے رابطہ کر کے کسی مترجم کی خدمات حاصل کر سکتے ہیں یا اس دستاویز کا ترجمہ اپنی زبان میں کرا سکتے ہیں۔ یہ خدمات مفت دستیاب ہے۔

您可以通過撥打翻譯服務熱綫 0845 130 1170 取得翻譯員服務或得到此文件的翻譯版本。 這些服務都是免費的。

Galite prasyti vertejo paslaugu arba gauti sita dokumenta isversta I jusu kalba kreipdamiesi I musu vertimo paslaugu biura skambindami 0845 130 1170. Sitos paslaugos yra nemokamos.

يمكنك الحصول على خدمة الترجمة الفورية أو القيام بترجمة هذه الوثيقة إلى لغتك الأصلية عن طريق الإتصال بخدمات الترجمة الفورية على رقم 0845 130 1170. هذه الخدمات متاحة مجاناً بدون أى مقابل مادي.

Dzwoniąc do biura tłumaczeń pod numer 0845 130 1170 możecie Państwo prosić o tłumacza albo otrzymać ten dokument przetłumaczony na wasz język ojczysty. Powyżej wymienione usługi są darmowe.

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Carseview House, Castle Business Park,
Stirling FK9 4SW
Tel: 01786 463031 Fax: 01786 451474
www.nhsforthvalley.com

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Re-order Ref: PIL/1043/MECR

Issue Date: 2009

Review Date: 2010