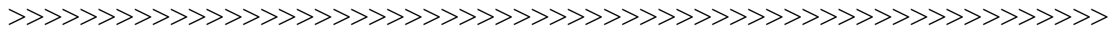


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## Wrist Fracture

### Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your hand/wrist some relative rest in the short term.

### Pain management methods:


Speak to your GP/pharmacist about some pain medication if needed

Heat:

Heat is a vasodilator which means it increases blood flow into the painful area, helping the muscular fibres to relax by receiving more oxygen. Should be use for chronic pain or muscle tension. Use it 20/25 min.

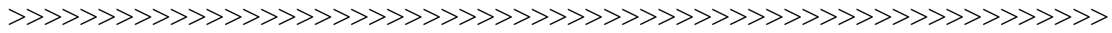
Ice:

Ice helps to reduced inflammation on painful area by decreasing the blood flow, slowing rate of inflammation and this way decreasing the risk of tissue damage. Should be use when affected area is inflamed, hot and/or red. Use it 10/15 min.

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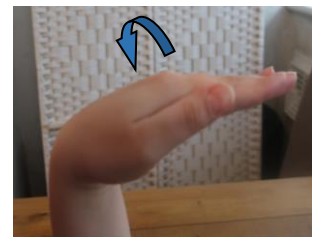
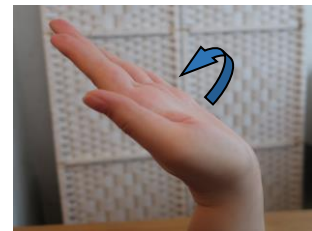
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Exercises – 1<sup>st</sup> phase:

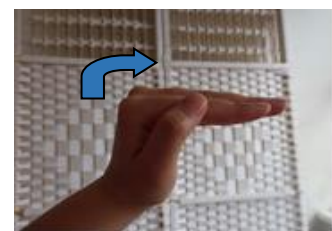
Wrist flexion/extension:



- Gently bend your wrist forward
- Hold 5 seconds, 10 repetitions
- Gently bend your wrist backwards
- Hold 5 seconds, 10 repetitions



Straight finger flexion:

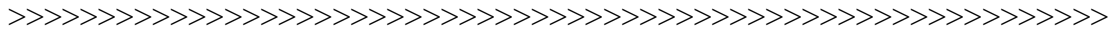
- Try to make a right angle with your knuckles
- Keeping your fingers straight
- Hold 10 seconds, 5 repetitions



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Finger extension:

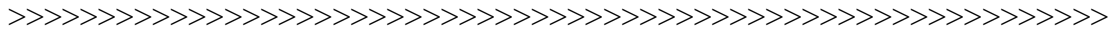
- Place your palm down on a table
- Keep your fingers straight
- Lift each finger straight up, one at a time
- Hold 5 seconds each finger up
- 10 repetitions



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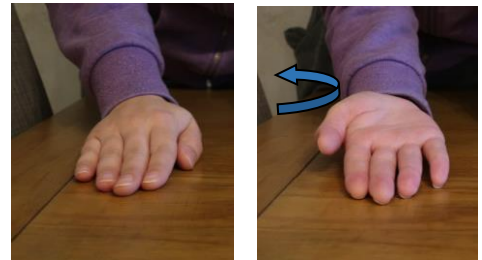


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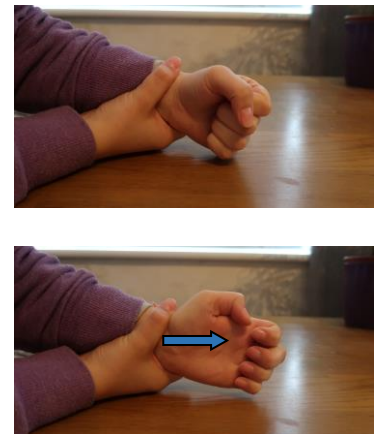
Forearm pronation and supination:

- With your elbow bend 90 degrees
- Turn your palm down and hold 5 seconds
- Slowly turn your palm up and hold 5 seconds
- 10 repetitions, 2 sets



MP Extension:


- Place your good hand on a table with your palm up
- Place the injured hand on top of the good hand
- Keep your fingers wrapped around the thumb of your good hand
- Slowly uncurl the joints of the hand, keeping your fingers bent
- Hold 5 seconds, 10 repetitions



Thumb rotation:

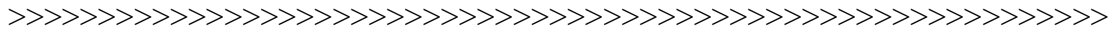
- Place your hand on a table, palm up
- Make a big circle with your thumb in both directions
- 15 repetitions each side



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Wrist flexion:

- With your palm down
- Make a fist with your hand
- Extend your fingers and thumb down
- Hold seconds, 10 repetitions





Exercises – 2<sup>nd</sup> phase:

Star these exercises when you feel the previous exercises are getting easier and there is no pain while performing the previous exercises.

Forearm pronation and supination strengthening:

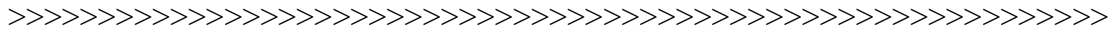
- With your elbow bend 90 degrees at your side
- Hold a light weight in your hand
- Slowly turn your hand up and then down
- 15 repetitions, 2 sets



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Wrist Extensor Stretch:

- Keeping your elbow straight and palm down
- Relax your wrist
- With the opposite hand gently bend your wrist downwards
- Hold 20 seconds, 3 repetitions



Wrist Flexor Stretch:


- Keeping your elbow straight and palm down
- Relax your wrist
- Gently bend your wrist upwards with opposite hand
- Hold 20 seconds, 3 repetitions



Extensors Strengthening:

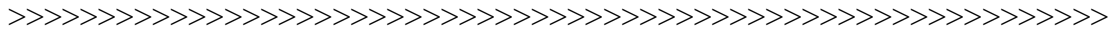
- With your forearm rested on a table
- Hang your wrist and hand off the edge
- Hold a light weight 1/1.5 Kg or a can of beans
- Raise the weight up, moving only your wrist
- Hold 5 seconds
- Slowly lower it down
- 10 repetitions, 2 sets



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Grip strengthening:

- Squeeze a stress ball
- Hold 5 seconds
- 10 repetitions, 3 sets

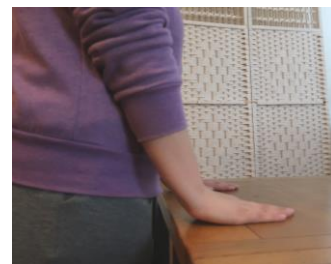



Exercises – 3<sup>rd</sup> phase:

Start these exercises when you feel the previous exercises are getting easier and you don't feel pain while performing the previous exercises

Wrist extension stretch:

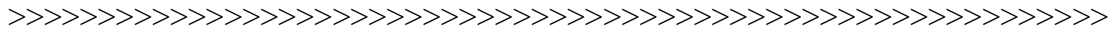
- Stand with both palms down on to a table
- Keep your fingers flat and elbows straight
- Lean your body weight forward
- Hold 25 seconds, 3 repetitions



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Wrist flexion stretch:



- Stand with the back of your hands on a table, palms facing up
- Keep your fingers flat and elbows straight
- Lean away from the table
- Hold 25 seconds, 3 repetitions

