

Further Information

If you require any further information after reading this booklet, please contact:

Physiotherapy Call Centre
Tel: 01926 600818

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to quality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation
- You have a responsibility to treat other service users, patients and or staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600054, by email: Pals@swft.nhs.uk or by calling in person to the PALS office which is located in the Lakin Road entrance to the hospital.

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SWFT Patient
Information
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South Warwickshire
NHS Foundation Trust

PHYSOTHERPAY DEPARTMENT

Rehabilitation Advice *Following a Wrist Fracture*

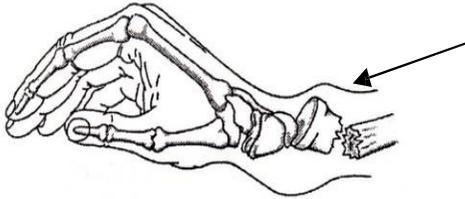
Patient Information Leaflet

**If you are unable to attend your appointment please
telephone 01926 600818 to cancel your appointment**

How are Wrist Fractures Treated?

Most wrist fractures are treated in a light plaster cast. Some fractures need manipulation before the plaster is put on to ensure the best alignment of the bones for healing.

Some complicated fractures may need surgical repair to realign the bones.



<http://www.leicspart.nhs.uk/Library/81PhysiotherapyfollowingaCollesFracture.pdf>

Frequently Asked Questions

Q. Is it normal to still have swelling after the plaster is removed?

A. Yes. To try and reduce the swelling it is important that you rest in a position where your wrist is supported and elevated and also perform the exercises given to you by your physiotherapist.

Q. Will I need to be off work?

A. This will depend on the nature of your job. You may need to adapt activities because of your injury.

Q. How long will it be until I can drive?

A. We advise that to be able to drive you need to be out of your cast and able to use your wrist functionally in an emergency situation. *“It is the responsibility of the driver to ensure that he/she is in control of the vehicle at all times and to be able to demonstrate that is so, if stopped by the police”* (www.dvla.gov.uk).

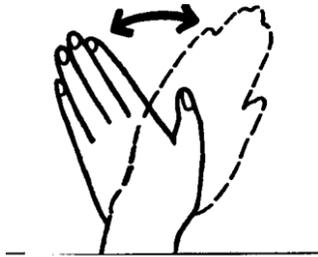
Q. Will exercises make my wrist ache?

A. Exercises may make your wrist ache while you are doing them. However, it is important that you do your exercises as they will speed up your overall recovery. Taking regular painkillers will help you to perform your exercises.

Q. Can I do day-to-day jobs around the house?

A. Yes, day-to-day tasks are good to get your wrist and hand moving and functioning well. Take care when lifting heavier or dangerous items such as boiling water.

Exercises Continued



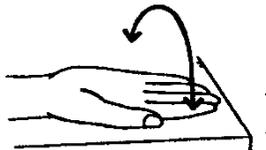
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Rest your elbow on a table with the hand held up at face height. Support your forearm by holding with your other hand. Keep your forearm still whilst moving your hand from side to side to perform the 'Queen's wave'. Repeat 20 times



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With your forearms resting on a table, push your palms together to perform the 'prayer' position. Hold for 10 seconds.



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Keep your elbow bent and tucked into your side. Turn your hand over so the palm faces the ceiling (ensure elbow is kept still). Ant then twist wrist so palm faces the floor. Repeat 20 times

How Long is the Plaster Worn?

A wrist fracture usually needs 4-8 weeks of protection to allow the bones to unite and the soft tissues to heal.

Once the plaster has been removed it is important to exercise the wrist and finger joints regularly to relieve joint discomfort and stiffness.

What symptoms could I experience when my plaster has been removed?

It is normal for the wrist to feel uncomfortable, achy, stiff and swollen after the plaster has been removed.

You may also experience some of the symptoms below.

- Discomfort
- Altered shape of the wrist
- Swelling
- Stiffness
- Weakness
- Tingling, pins and needles, numbness
- Dry skin
- Dark hairs
- Discoloration

What can I do to Help Myself?

1. We advise you to take regular pain relief as it will help you do your exercises.
2. When resting keep your arm elevated on pillows to reduce swelling.
3. Soak your hand and wrist in warm, soapy water. Rub the skin gently and pat dry. Massage baby oil or moisturising cream into the skin.
4. Hot and cold contrast water baths are helpful to reduce swelling and discomfort:

Fill one bowl with water as hot as you are able to tolerate and another with ice cold water.

Place your hand in warm water for 2 minutes and then immediately place into the cold water for 2 minutes.

Repeat this procedure 3 times ending in cold water.

Exercise

Exercise is a very important part of your rehabilitation. Your wrist discomfort will reduce with exercise. Your wrist may ache until you can move it normally. Perform exercises slowly and gently to begin with.

Should your symptoms worsen significantly please contact the physiotherapy department or your GP.

Exercises

Perform these exercises 'little and often' each day



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Move your thumb to touch the tip of each finger. Practice touching the tip of each finger in turn. Repeat 5 times



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Curl fingers round to make a fist and then fully straighten. Repeat 10 times



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Place your hand on to a table with your hand relaxed over the edge of the table. Move your wrist up and down as far as you can. You can also use your other hand to give a little stretch. Repeat 10 times