

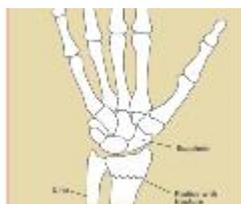
**Patient
Information**

Wrist fracture

Introduction

This leaflet provides information and advice to help you to recover from your broken wrist.

Your wrist



The wrist is made up of several bones, which are designed to enable the joint to move and be flexible.

Wrist fractures may occur in any of these bones when enough force is applied, such as when falling down onto an outstretched hand.

Severe injuries may occur from a more forceful injury, such as a car accident or a fall off a roof or ladder.

When a wrist bone is broken, there is pain, swelling, and decreased use of the hand and wrist. There are many different injuries, which can occur to the bones, and occasionally they will require an operation. If an operation is necessary, the Orthopaedic Team will discuss this with you.

Whilst the bones repair, your wrist will be supported in either a splint or plaster cast. If you would like to see your X-ray please ask the doctor or nurses looking after you.

To help you heal as quickly as possible it is important that you keep your fingers, elbow and shoulder as mobile as possible.

Although, there will be some discomfort, the more movement you can practice, the quicker your recovery will be once the plaster is removed.

Pain relief

It is most likely that your wrist and hand will be painful for several days. This discomfort should be controlled using simple pain relief such as paracetamol. If you have other medical conditions your pharmacist will be able to advise you on what is suitable.

Reference No.

GHPI0032_11_15

Department

**Emergency
Department**

Review due

November 2018

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When to seek advice

Please contact the plaster room or your GP for advice if you experience the following:

- Increased pain
- Increased swelling in the fingers or arms
- Numbness or pins and needles in the affected arm
- Inability to move your fingers
- Blueness of the fingers
- If the plaster cracks, becomes loose or is rubbing your skin.

Exercises

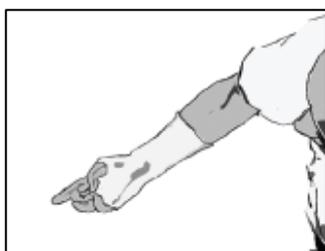
These exercises are important for making sure that you practice a good range of movement in the nearby joints to promote good circulation in your arm, which will help with healing. Try to do these exercises 4 times each day.



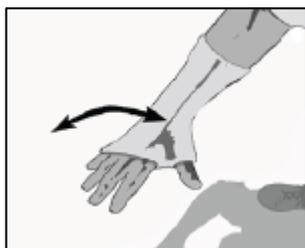
1. Bend and straighten fingers and thumb. Try to touch the fingers into the palm to form a fist.



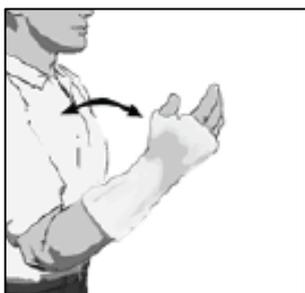
2. Spread fingers and thumb as wide apart as possible. Use the other hand to help the stretch, keeping the palms together and spreading the fingers on both hands.



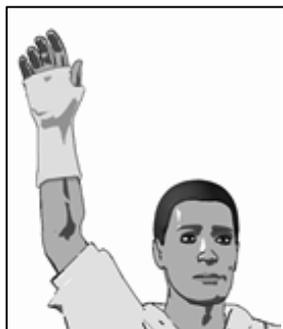
3. Try to touch the thumb and little finger and stretch back as far as possible.

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4. Turn your hand so the palm faces upwards; and over, so the palm faces downwards as far as possible. Keep your elbow tucked into your side at waist level so the movement is purely in the wrist.

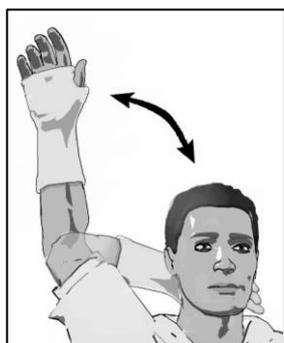


5. Bend and straighten the elbow.



6. Lift the arm as high as possible straight up so the hand is above the head, help with the other hand if you need to. This exercise will help to reduce swelling as well as maintaining movement in the shoulder.

7. Whilst your arm is up in the air, bend your arm at the elbow and drop the hand behind your head and up again. Then return your arm to your side, bend your arm at the elbow and bring your hand up behind your back to the waist.



8. It is good to use your hand as much as possible but you must not get your plaster wet or carry heavy weights, so apart from this try to use the hand and arm normally. This will help to prevent muscles from weakening whilst in plaster.

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Contact information

Plaster Room

Cheltenham General Hospital

Tel: 0300 422 3148

Monday to Friday, 8:30am to 5:00pm

Plaster Room

Gloucestershire Royal Hospital

Tel: 0300 422 8411

Monday to Friday, 9:00am to 5:00pm

Further information

NHS 111

Tel: 111

Your GP will receive a copy of your X-ray report should you experience any long term issues.

NHS Choices

Website: www.nhs.uk/conditions/brokenarm/pages/introduction.aspx

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