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Wrist Fractures

After your cast is taken off you will likely feel some joint and soft tissue tightness of the injured forearm. You may have one or more of these wrist and hand symptoms:

1. Pain and tenderness (often at night)
2. Swelling
3. Stiffness
4. Weakness
5. Skin changes (e.g., flaky skin, shiny skin, redness or blanching [turns white])
6. Short term changes in sensation

These symptoms may go on for several months. It is important that you keep doing the exercises we teach you even if you have these symptoms. Always work within a pain level you can accept. Don’t try to lift anything heavy with the healing arm until movement and strength returns. This often takes four to six weeks after your cast is removed. If you have had surgery, more healing time is often needed.

Helpful Activities

You will want to return to normal activities as soon as you can. Some activities can be challenging because they require good muscle control of your wrist and hand. Therefore, it is important to gradually increase your activity level.

The following are a list of some activities that can help with your recovery:

- Washing dishes
- Hobbies involving hands
- Writing and computer work
- Turning door knobs
- Playdoh® – roll into cylinders, shape into small balls.

Squeeze putty or a rubber ball in your weak hand – hold 5 seconds. Repeat ____________.
Your exercise routine will include:

1. **Soaking** your wrist and hand in warm water for 15 minutes. This will help to soothe the pain and make it easier to move. It will also help soften dry flaky skin so it may be removed more easily. Skin lotion may be used to help soften the skin.

2. **Range of motion and stretching exercises** to increase your wrist and hand movement.

3. **Strengthening exercises** to improve how well your wrist and hand works.

4. **Ice**, if you feel pain, increased discomfort or increased swelling after the exercises you can apply an ice pack or a bag of frozen vegetables over the wrist area for 10-15 minutes.

Bend your elbow and keep it at your side. Hold the end of a long object in your hand and start in the upright position.

Move the object slowly like a wiper so that palm faces down (keep elbow tucked at side). Repeat ____________.

Move the object slowly like a wiper so that palm faces up (keep elbow tucked at side). Repeat ____________.
**Strengthening Exercises**
(Repeat exercises 10 – 30 times each)

With your forearm on a table and palm down, hold a small weight and lift hand up bending at the wrist – hold 5 seconds. Repeat ____________.

With your forearm on a table and palm up, hold a small weight and lift hand up bending at the wrist – hold 5 seconds. Repeat ____________.

**Range of Motion Exercises**
(Repeat exercises 10 times each, 3 times a day)

Bend your wrist up and down over edge of table. Repeat ____________.

Bend your wrist toward and away from you. Repeat ____________.
Turn your palm up and down. Keep elbow and shoulder from moving. Repeat __________.

Bend your fingers to make a fist. Repeat __________.

Use your good hand to turn your stiff wrist so that the palm faces downward keep elbow and shoulder from moving – hold for 10-30 seconds. Repeat __________.

Make a fist with the stiff hand. Use your good hand to squeeze the stiff fist tighter – hold for 10-30 seconds. Repeat __________.
Stretching Exercises
(Repeat exercises 3-5 times each, 3 times a day)

Use good hand to push your stiff wrist over edge of table – hold for 10-30 seconds. Repeat ____________.

Use your good hand to push your stiff wrist up – hold for 10-30 seconds. Repeat ____________.

Use good hand to push hand away from you – hold for 10-30 seconds. Repeat ____________.

Bend your elbow and keeping it at your side, use your good hand to turn your stiff wrist so that the palm faces upward keep elbow and shoulder from moving – hold for 10-30 seconds. Repeat ____________.

Use your good hand to push your stiff wrist up – hold for 10-30 seconds. Repeat ____________.
With your hand on the table and other hand on top, lower elbow toward the floor – hold 10-30 seconds. Repeat ____________.

With your hand on the table, palm down. Use other hand to hold stiff hand down. Lift your elbow off the table – hold for 10-30 seconds. Repeat ____________.

With palms together, bring hands toward the body in a prayer position – hold for 10-30 seconds. Repeat ____________.

With palm on table, use good hand to push hand toward you – hold for 10-30 seconds. Repeat ____________.
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