

Once your plaster is removed and the fracture is healed it is very important to use your hand for everything and as normally as possible (although avoid heavy lifting at first until your grip is stronger). You may find that as well as your wrist, the shoulder, elbow, fingers or thumb may also be stiff because of being in plaster for a few weeks without exercise. These joints need to be checked, to see if they can move as much as in your unaffected arm. Go through the following exercises. If any or all are stiff, exercise these joints 4-5 times daily. If there are no problems, still continue but reduce to once a day.

Finger and thumb movements are important and you must regain a strong grip as soon as possible to avoid problems with your circulation. Pain can be helped by doing exercises in warm water or by dipping your hand from cold to hot water.

Shoulder Exercises

Remember if the joint is stiff, this should be done 4-5 times daily, 10 times each.

1. Stretch your arm up straight into the air. Once the arm is up by your ear, bend your elbow and touch the back of your neck

with your hand, then take arm down by side again.



2. Reach hand around into the small of the back then down to side again.

Elbow Exercises

3. Arm by side, bend hand up to touch your shoulder, then straighten elbow.

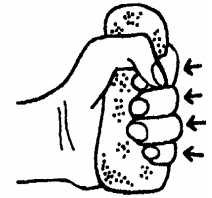


Hand Exercises



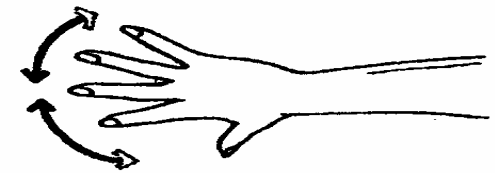
4. Make a fist and stretch fingers, make sure you bend at the

5. Squeeze a ball or sponge.



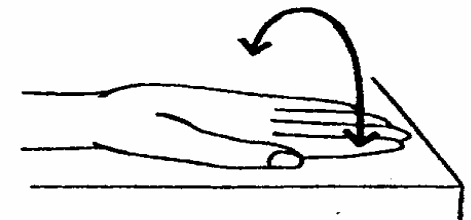
6. Touch all the tips of your fingers one after the other with the tip of your thumb.

7. Spread your fingers and thumb as wide as you can and relax.



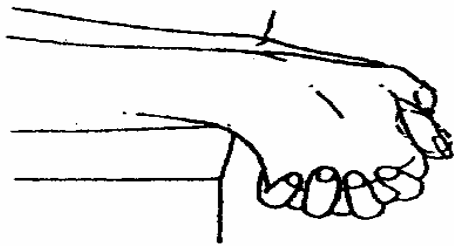
Wrist Exercises

8. Tuck elbow in at your side, elbow bent to 90 degrees, turn your hand up towards the ceiling and down towards the floor..



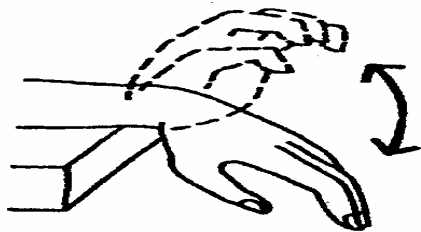
9. Put

your forearm flat on the table with your wrist over the edge (put your other hand on your forearm to prevent it moving) then bend the wrist up and down.

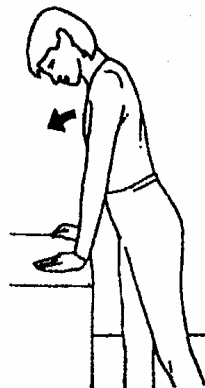


10.

Put your forearm on its side on a table with the wrist over the edge (support using other hand) then move wrist up and down in this position (like shaking someone's



hand).



11. Put your hand flat on

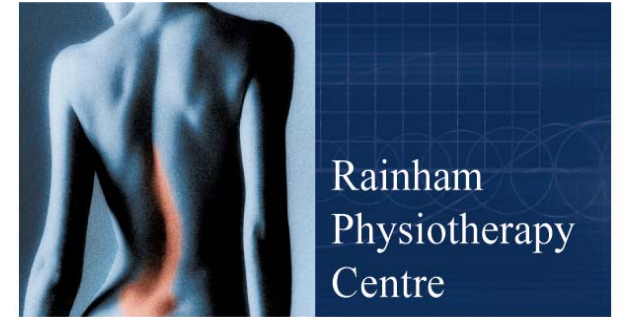
the table (put your other hand on top to stop hand lifting), then lift your elbow which will cause the wrist to stretch



backwards.

12. Putting your hands together, slide your elbows apart. Stop when your palms start to separate. Hold this stretch.

Don't forget it is quite normal for the wrist to be stiff as it has been immobilised in plaster and initially or pull when movement and exercises are resumed. This will gradually improve. Should any of the exercises cause pain, stop and seek advice.



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