



## **Pain Relief Advice**

**Anti-inflammatory tablets or painkillers may have been prescribed or alternatively can be purchased from your local pharmacy.**

**These will help with stiffness and pain but may not be suitable for all patients. Paracetamol may be a suitable alternative.**

**If in doubt you should consult your GP or pharmacist before taking any medication.**

**Keep all medicines out of the reach of children.**

Call now for more information

01335 230079

[www.dchs.nhs.uk](http://www.dchs.nhs.uk)

## **Advice Following a Fracture of the Wrist**

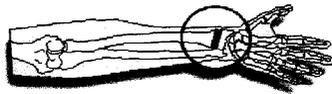
This leaflet is designed to supplement the advice given by your GP or Physiotherapist and to help you deal with your present wrist fracture.

The information is written by physiotherapists and is based on the latest research.

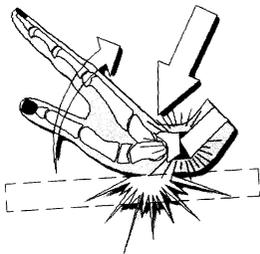
**The most common fracture  
of the wrist is called a  
Colles fracture.**

**What is a Colles fracture?**

A Colles fracture is a break of the lower end of the radius bone near the wrist.



A wrist fracture occurs most frequently from a fall onto an outstretched hand, but any sudden force pushing the hand backwards can be responsible.



This leaflet is designed to help you regain your wrist movement once you are out of your plaster cast.



Hold fingers and wrist straight.

Bend wrist towards the little finger and then towards the thumb.

Repeat 10 times.

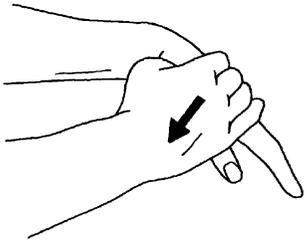


Support your elbow on a table with your wrist straight and your fingers pointing towards the ceiling.

Make a fist (thumb over fingers). Straighten your fingers and bring them apart.

Repeat 5 times.

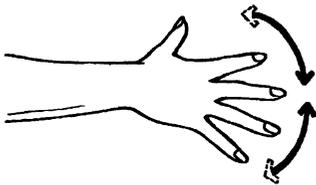
## Treatment of a wrist fracture



Keep your forearm supported on a table. Gently drop your wrist over the edge with your palm facing down.

Gently help the movement with your other hand.

Hold to stretch for 5 seconds. Repeat 10 times.

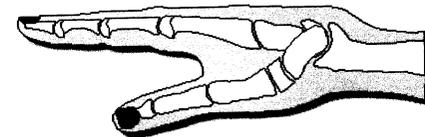


Place your hand flat on the table.

Spread your fingers then bring them together.

Repeat 5 times.

- You may have had your fracture immobilised in a plaster cast. In more complex injuries, surgery may be required to secure the fracture.
- When the cast has been removed, it is not unusual to experience pain, stiffness, loss of function and increased swelling in the wrist and hand. At this stage the aims of treatment will be to reduce swelling and restore the movement and function of the hand and arm.
- A common development after a Colles fracture is a change in the contour of the back of the wrist due to the bone healing in a 'tipped back' position. This may appear unsightly, but will not interfere with regaining function and in the wrist and hand.



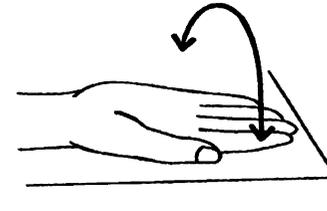
## Self Help Measures

It is important to begin to use the hand as soon as you are able. Remember that the wrist and hand have not moved for some time, recovery may be a gradual process over several months. The secret is to use it as best you can each day.

- **Heat** - The use of heat may help and one of the best ways to apply warmth is to immerse your hand and wrist in a bowl of comfortably warm water. You may also find that hand and wrist movements are easier when performed in warm water.
- If your hand is swelling a lot try resting your arm on pillows so your wrist is slightly above the level of your heart.
- For further advice on returning to function including lifting you may wish to speak to a physiotherapist.

## Exercises

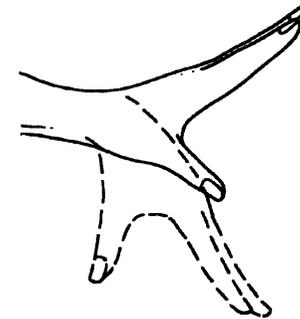
The following exercises will help you recover the use of your wrist and hand.



Alternately turn palm up and down.

Ensure to keep your elbow still.

Repeat 10 times, 3 times a day



Keep your forearm supported on a table.

Bend and straighten your wrist.

Repeat 5 times



Sit or stand. Gently place your palms together, keeping your forearm resting on the table.

Push palms together for 5 seconds. Relax.

Repeat 10 times