Wrist Fracture: Early – Phase Education

What to expect in the first few weeks

- Stiffness is normal after immobilization
- Mild soreness during movement is expected
- Swelling may increase with activity- use elevation and ice afterward
- Motion returns gradually
- You may use your hand in light daily activities such as bathing, dressing and eating.
- You should not use your hand for lifting/carrying, pushing/pulling or gripping.

Precautions

- No strengthening, gripping hard or weight-bearing until approved by your physician
- Move only within a comfortable range
- Avoid pushing or forcing end range
- If you had surgery, follow all specific precautions given to you by your Surgeon and/or Hand Therapist.

Initial ROM Home Exercise Program (HEP)

Perform these exercises 3-5 times/day,
10-15 reps in a gentle, pain free motion

1. WRIST FLEXION AND EXTENSION (AAROM TO AROM)

- Rest your forearm on a table or arm rest with your hand hanging off the edge
- You can use your other hand to assist (do not push or force) bending the wrist forward (flexion) and assist by lifting it back (extension)
- As it gets easier, perform without assistance.



2. WRIST SIDE-TO-SIDE MOTION (RADIAL/ULNAR DEVIATION)

- With forearm supported on a table, move your hand side to side like a windshield wiper.
- Keep the motion small and controlled.



If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

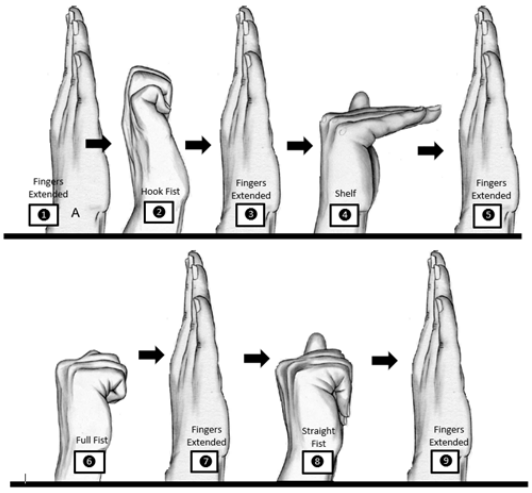
3. FOREARM ROTATION (SUPINATION/PRONATION)

- Bend your elbow to 90 degrees at your side
- Slowly turn your palm up (supination) and down (pronation)
- Keep your elbow tucked to your side to avoid compensation



4. TENDON GLIDES (FINGER MOBILITY)

- Move through these positions slowly going to your maximum range of motion



5. THUMB MOBILITY

- Touch the thumb to each fingertip
- Slide the thumb across the palm toward the base of the small finger
- Lift the thumb up and away from the palm

