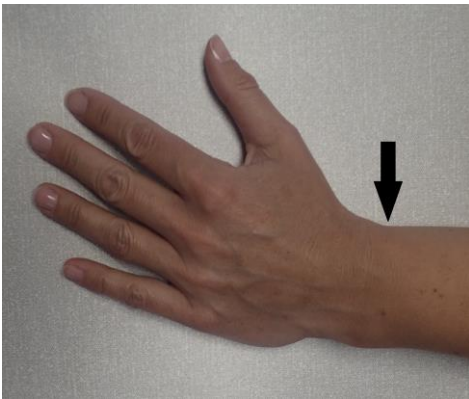


This is a follow-up letter to your recent consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist).

You have fractured the bone on the thumb side of the wrist (a distal radius fracture).



Healing:

This normally takes approximately 6 weeks to heal. It is normal for it to continue to ache a bit for three to six months after the injury.

Pain and swelling: Take pain killers as required (always read the label; do not exceed the recommended dose). The splint is for comfort and does not significantly affect the healing of the bone. Elevate the arm to reduce swelling for the first few days.

Using your arm: It is important to keep the fingers and thumb moving to prevent stiffness.

Follow up: The fracture in your wrist is very small and should heal well. You do not need a follow up; however, if you are not improving in the next 2 weeks, please get in touch by e mail or phone.

Please follow the plan:

Weeks since injury	Plan
0-2	<ul style="list-style-type: none">✓ You will be in a splint✓ Use the sling for the first few days if your arm is painful✓ Move your fingers frequently and start 'initial exercises' on the next page
2-6	<ul style="list-style-type: none">✓ You can use the arm for simple tasks as pain permits.✓ If you are comfortable, you can stop using the splint✓ Start 'stage 1 exercises' on following page
6 -12	<ul style="list-style-type: none">✓ The fracture is united (healed)✓ You can begin to resume normal activity but be guided by any pain you are experiencing.✓ You can start the stage 2 exercises on the following page if the wrist feels stiff.✓ Carry out day to day activities.✗ Heavy tasks, heavy lifting or sport may cause some initial discomfort.
12	<ul style="list-style-type: none">✗ If you are still experiencing significant pain and swelling, please contact the Fracture Care Team for advice.

Advice for a new injury

Rest and elevation:

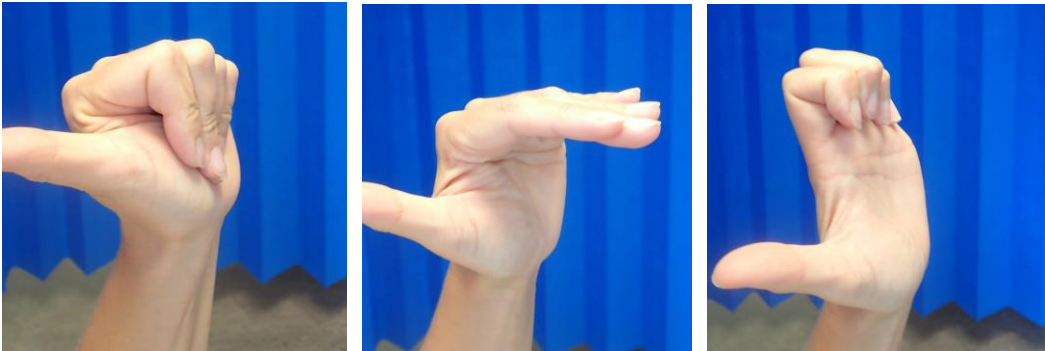
Try to rest the arm for the first 24 to 72 hours to allow the early stage of healing to begin. Raise your wrist above the level of your heart with a sling if it is throbbing.

Movement and exercise:

It is important to keep your fingers and thumb moving while you are in the plaster. After the plaster is removed your wrist will be stiff, please follow the exercises below to get the movement back.

Exercises

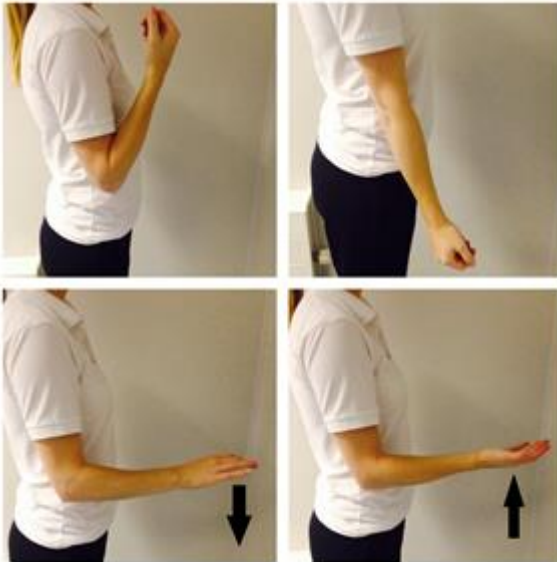
Initial exercises:



Finger exercises:

Keep your fingers moving whilst you are in the plaster.

Stage 1 exercises:



Elbow bend to straighten:

Bend and straighten your elbow as far as you can without pain. You should not feel more than a mild to moderate stretch.

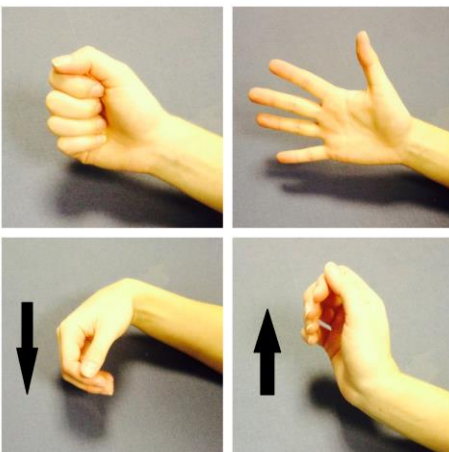
You can use your other arm to assist if necessary. Repeat 10 - 15 times if there is no increase in pain.

Forearm rotations:

Begin this exercise with your elbow at your side and bent to 90 degrees.

Slowly turn your palm up and down as far as you can go without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary. Repeat 10 - 15 times if there is no increase in pain.

Stage 2 exercises:



Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times.

After a few days, hold a soft ball or a ball of socks. Squeeze the ball as hard as possible without pain.

Hold for 5 seconds and repeat 10 times.

You can find video's for this information sheet on the following link: Distal radius

https://www.youtube.com/watch?v=u9bz8z6_sGU