

Emergency Department

Hand and arm exercises for fractured wrist

These exercises are to be carried out while your wrist is **in plaster**

The plaster cast will look after the fracture - **you** must look after your arm and fingers.

It is important to do the exercises for the following reasons:

- To keep your finger, elbow and shoulder joints as mobile as possible;
- To minimise painful swelling by improving circulation;
- To maintain some strength in the muscles of your arm and hand;
- To make things easier for you when the plaster is removed.

Exercises: remove your arm from the sling and perform them slowly.

Shoulder

- Lift your arm out sideways, then high above your head, **10 times**.
- Touch the back of your head, **10 times**.
- Place your hand behind your lower back, **10 times**.

Elbow

Bend your elbow as far as you can and then straighten it, **10 times**.

Fingers

- Curl up all your fingers, bending them fully into the palm **10 times**.



Patient Information

- Stretch out your fingers, to straighten each joint completely, **10 times**.
- Stretch your fingers apart so that there is a gap between each one, then squeeze them together and relax, **10 times**.
- Touch the tip of each finger in turn with your thumb; squeeze and then relax, **10 times**.
- If your fingers are swollen, raise your hand above your head when exercising.

The finger exercises should be done **every hour**.

The shoulder and elbow exercises should be done at least **8 times a day**.

Important

If any of the following signs occur, please telephone the Plaster Room (Monday to Friday 9.00am to 5.00pm) 024 7696 6909 or return to the Emergency Department for advice:

- The fingers are very swollen, painful, numb, cold or blue;
- The plaster becomes wet or bloodstained;
- Severe irritation under the plaster;
- The plaster cracks, becomes loose or uncomfortable.

For further advice contact your GP.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6909 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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