



**Nottingham
Orthopaedics**

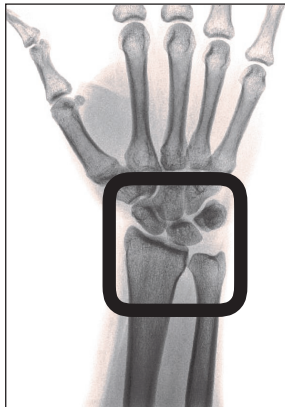


**Nottingham
University Hospitals**
NHS Trust

Wrist Fracture - Advice After Manipulation

Information for patients

Fracture Clinic



This document can be provided in different languages and formats. For more information please contact:

Fracture Clinic
QMC
Derby Road, Nottingham
Tel: 0115 924 9924 ext 61260



Your diagnosis

You have an injury called a **distal radius fracture**. This is a break in the larger of the two bones in the wrist. It is usually very painful and swells due to bleeding from the broken bone.

Treatment

Your fracture is currently in an acceptable position and if it remains in a good position, then it can be treated without surgery. You will usually need a plaster cast for 5 to 6 weeks.

There is a risk that the position of the bones may change. This is most likely in the first week and will be detected on a new x-ray at your one week fracture clinic appointment. If this occurs, the doctor will discuss the appropriate treatment options, which may include surgery.

Recovery

It will take a long time to recover from your injury. By three months you should have over half of your normal movement and grip strength. By a year you should have 80-90% of your function return. By exercising and using your hand the pain and stiffness will ease.

Can I work or drive?

You may be able to drive provided you feel you are safe to operate the vehicle. You should contact your insurance company to check they have no stipulations before driving.

Depending on your job you may be able to work in a plaster, though heavy work will not be possible. A medical certificate can be provided in fracture clinic.

What can't I do?

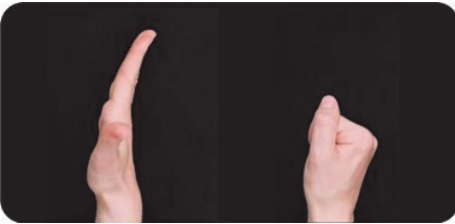
You should avoid heavy lifting until 6-8 weeks after your fracture and the pain has subsided.

Exercises

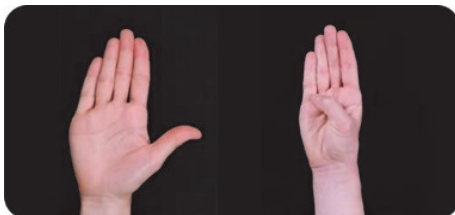
Exercises one to three can be performed in plaster and started straight away.

Exercises four to six can be started once your plaster is removed.

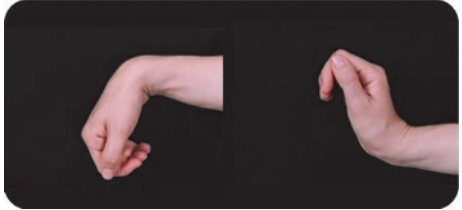
1. Regularly stretch your injured arm up towards the ceiling to prevent your shoulder and elbow getting stiff.
2. Make a tight fist then straighten your fingers fully.



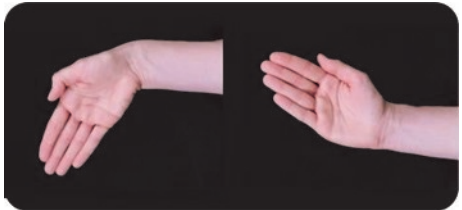
3. Stretch your thumb out to the side as far as is possible. Now touch the tip of your thumb to each of your fingers in turn. If you can, slide the tip of your thumb down to the bottom of the little finger.



4. Support your arm on a table with your hand over the edge. Lower your hand down towards the floor, then raise it towards the ceiling.



5. Turn your forearm onto the side. Lower your hand down towards the floor, then raise it towards the ceiling.



6. Place the palm of your hand on a table. Turn your palm up, then back down keeping your elbow still.



You should try and perform each exercise 5-10 times each hour.

Exercise videos

If you have access to the internet through your smartphone or computer you can access our online advice videos for exercises. Scan the QR codes below or use the link provided.

Early Wrist Exercises	Wrist Strengthening Exercises
youtu.be/MJnsGCD0L5E	youtu.be/A65gMdXgQKQ
	

Key points

1. If you feel you are failing to make any progress with the exercises two weeks after you have removed your plaster then please contact the fracture clinic.
2. Take regular pain relief if required. Usually over the counter medications are sufficient but if you have any concerns see your GP or Pharmacist to advise you what to take and how often.
3. If you experience any persistent pins and needles or numbness in your fingers please contact the fracture clinic.
4. In the first two weeks keeping your hand elevated above the level of your heart can help with swelling but you should not use a sling to do this.

Contact us

Physiotherapy

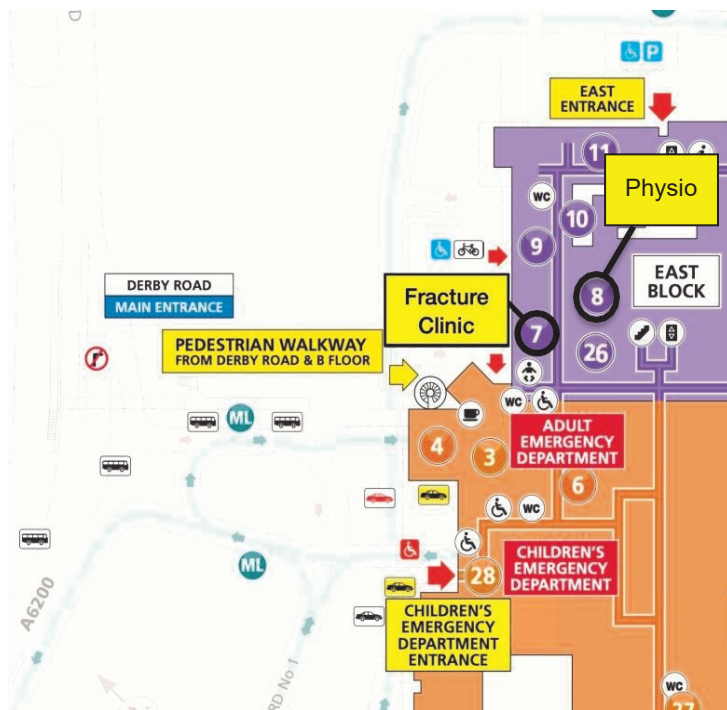
You will have an open appointment in the physiotherapy department. If you feel you are not making appropriate progress with your **movements** or **pain** then please get in contact for a face to face appointment:

If you need to get in touch please call **0115 849 3312** between 8am and 4pm, Monday to Friday.

Fracture Clinic

If there is another problem with your progress following your injury you can book in for a face to face appointment with the fracture clinic to see a doctor:

If you need to get in touch please call **0115 924 9924 ext: 61260** between 8am and 5pm, Monday to Friday.



Notes

Notes

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone: 0800 183 0204

From abroad: +44 115 924 9924 ext 65412 or 62301

Deaf and hard of hearing: text 07812 270003

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

www.nuh.nhs.uk



You can also scan the QR code to leave patient, family or carer feedback. After scanning the QR code please go to 'How can I leave my feedback' and select the service that you have accessed and then follow the on screen prompts.

If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 67184.

The Trust endeavours to ensure that the information given here is accurate and impartial.