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To use the Text Relay service, prefix all numbers with 18802.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने जुगठु उरनमे सी लेंड वै जं विरथा वरवे दिस नंघर उे डेन वरवे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Fractured Wrist

Advice for Patients

Fractured Wrist

A broken wrist will normally be put into plaster. Although this will immobilise the wrist, it is necessary to exercise the joints above and below the plaster in order to:

- Keep your shoulder, elbow and finger joints from stiffening.
- Maintain some muscle strength in your arm and hand.
- Minimise painful swelling by improving the circulation.

SHOULDER EXERCISES

- Lift your arm out sideways and then high above your head 10 times.
- Lift your arm forwards and the high above your head 10 times.
- Lift your arm backwards 10 times.

These exercises **MUST** be done **AT LEAST THREE TIMES A DAY**.

ELBOW EXERCISES

- Bend your elbow as far as you can and then straighten it 20 times.

These exercises **MUST** be done **AT LEAST THREE TIMES A DAY**.

FINGER EXERCISES

- Make a fist as far as you can and then release, straightening your fingers out fully. Repeat this 10 times.
- Stretch your fingers out like a fan, then close them together and squeeze tightly and relax. Repeat this 10 times.
- With your thumb, touch the tip of each finger in turn, squeeze and release. Repeat this 10 times.

These exercises should be done **EVERY HOUR**.

PLEASE REMEMBER:

These exercises are very important and should be done as instructed. This will help to aid your recovery when your plaster is removed.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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