

Management of Wrist Fracture in a wrist splint

About your injury

You have been diagnosed with a fracture or break in your wrist, the break is relatively minor/ straight forward and in a good position, the decision has been made to manage your injury in a wrist splint for comfort and support.

What can I expect?

Use the splint for comfort and support for the next four weeks (wear day and night), it can be removed for short period for bathing if not too uncomfortable. Wean off the splint thereafter.

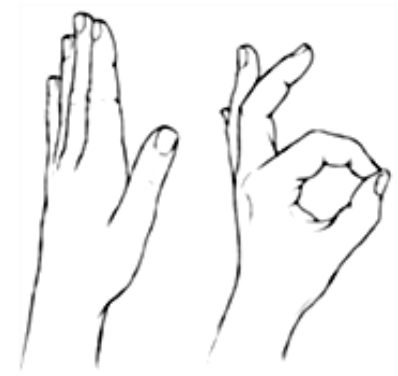
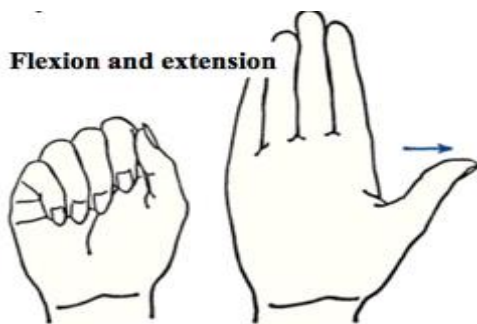
- Keep your hand raised above your elbow as much as you can for the first week. This will help any swelling to go down.
- Do exercise your shoulder, elbow, fingers and thumb, as shown on reverse, 4 times a day to help reduce the stiffness in your affected limb.
- Use painkillers if you experience any pain.
- Do not participate in activities that may cause a further fall onto your wrist for 6 weeks following splint removal, the injured bone is vulnerable and could re-break within this time.
- You may return to driving once you are out of the splint and have the movement in your wrist needed to operate the car and when you can perform an emergency stop.



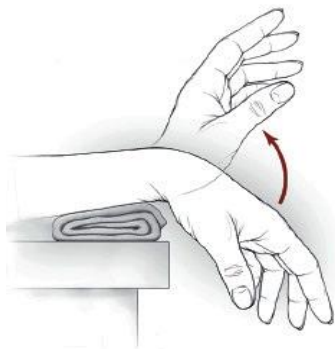
Initial Exercises to do 4-5 times a day after splint removed:

1. Open and close your hand (making a fist) 10 times.

2. Touch each fingertip to thumb 10 times



3. Forearm supported on a table, hand relaxed over the edge; lift the wrist up and down 10 times. Hand still on the table, move wrist inwards and outwards towards the thumb and little finger, as shown.



4. Elbows in at your side at 90 degrees; turn palm up to the ceiling and then down to floor x10

5. Bend and straighten your elbow x10



Should you have any worries or concerns following discharge from Hospital, please use the contact details:

Raigmore Hospital
Old Perth Road
Inverness, IV2 3UJ
Tel: 01463 704000

Fracture Clinic Helpline :
Tel: 07779 422980 Mon-Fri 12-3PM