Standard Rehabilitation Wrist Fracture Guidelines

**(Operative and Non-Operative Management)**

Available at: [https://www.ualberta.ca/rehabilitation/research/core/shoulder-and-upper-extremity-research-group-of-edmonton](https://email.albertahealthservices.ca/owa/redir.aspx?REF=uMfT19NSBr-LL9c-rsGen9ez6OX58KISxPYGzFO6dZWhR3kN4j3WCAFodHRwczovL3d3dy51YWxiZXJ0YS5jYS9yZWhhYmlsaXRhdGlvbi9yZXNlYXJjaC9jb3JlL3Nob3VsZGVyLWFuZC11cHBlci1leHRyZW1pdHktcmVzZWFyY2gtZ3JvdXAtb2YtZWRtb250b24.)

# **Please give to patient at 1-2 week visit with surgeon**

# **PHASE 1** - Surgery (weeks 1-2) and No Surgery (weeks 1-6)

|  |  |
| --- | --- |
| Do | Do NOT |
| * remember advice from surgeon
* rest your arm
* elevate your hand higher than your heart

 | * remove the cast/brace
* Lift, carry or push with injured arm
 |

### Exercises

* Perform movement as far as you can. There should be no increase in pain. Repeat 2-3 times a day.

|  |
| --- |
| **Shoulder**  Sets: 1 | Reps: 10 |  |
|  |  |  |
| * Lift your injured arm up, using the uninjured arm if needed.
 | * Reach your injured arm to your shoulder blades.
 | * Place hands behind your head in standing or lying.
 |

|  |  |  |
| --- | --- | --- |
| **Elbow**  Sets: 1 | Reps: 10 |  |  | **Wrist**  Sets: 1 | Reps: 10 |  |
| * Bend elbow to touch shoulder, then straighten elbow.
 |  |

|  |  |  |
| --- | --- | --- |
|  |  |  |
| Make hand into fist, then straighten out | Bend fingers at the big knuckles | Make a hook, bending your fingers while keeping big knuckles straight |
|  |  |
| Put thumb and pinky finger together | Reach thumb away from your palm |  |

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## Surgery (weeks 3-4) and No Surgery (weeks 6-7)

* Continue with previous shoulder, elbow, and hand exercises if movement is still stiff.
* Remove splint to do wrist exercises.
* You can begin doing “light” daily activities with your injured hand (nothing over 2 pounds) with splint on.

### Exercises

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
| **Wrist** Sets: 1 | Reps: 10 | 3 times a day and progress to 5 times a day as able |
|  |  |  |
| * Bend wrist up and down
 | * Move hand side to side at the wrist
 | * Twist palm up and down
 |

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## **PHASE 2** - Surgery (weeks 5-6) and No Surgery (weeks 6-8)

* Take your hand out of a splint for longer periods of time.
* Use hand for more “light” daily activities.
* Use splint to protect wrist in: (1) crowded areas (2) situations where you could fall (slippery ground).
* If you have difficulty moving injured hand, then move both hands together. Also, visualize moving the injured hand.
* Continue to work on wrist and finger/thumb exercises from phase I. Add in gentle stretching – uninjured hand helps to guide the movement further/ add gentle gripping

### Exercises

|  |  |  |
| --- | --- | --- |
| **Wrist:**  Sets: 1 | Reps: 10 | Hold: 5-20 sec | 3 times a day | |  | Grip strength |
|  |  |  |  |
| * + Bend wrist backwards
	+ Bend wrist forward
 | * + Use uninjured hand to turn palm upwards. If required twist palm downward.
 |  | * + Squeeze: foam, stress ball, or rolled up towel
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