

Exercises following a wrist injury

Information for patients

Aim of this leaflet

To provide patients with exercises and advice following a wrist injury. Now that the plaster/support has been removed, gentle exercises can be started.

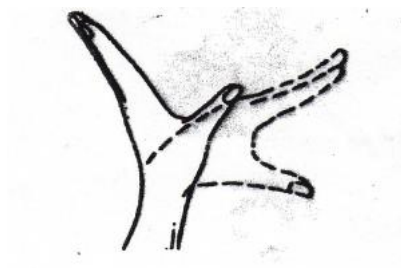
Principles

1. It is vital that you use your hand as normally as possible when the plaster/support is removed.
2. The aim of good exercise is “little and often”.
3. It is important to take responsibility for your own recovery.
4. Try all everyday tasks except heavy lifting.
5. Avoid driving for the first few weeks until you can be in full control of the vehicle. It is advisable to notify your insurance company regarding your injury.

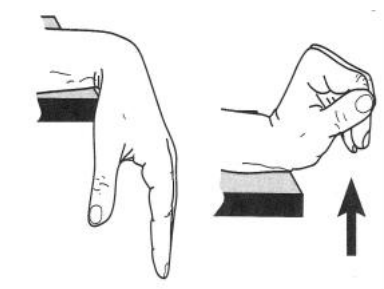
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The following exercises should be carried out for 10 minutes, three times a day, along with inclusion of your affected arm, in gentle, everyday activity:

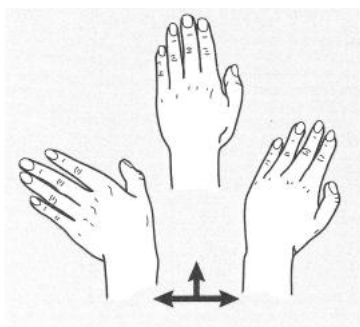
1. Squeeze your fingers into a fist gently and then straighten them out, spreading as wide as possible.
2. Touch your thumb to each fingertip.
3. Bend and straighten your elbow.
4. Reach your arm above your head.



With your elbow supported on a table, bend your wrist forwards and then backwards.



Rest your hand over the edge of a table, with your palm turned down.
Lift your wrist straight up and then bend it right down.
Keep your fingers relaxed.



Place your hand and forearm flat on a table, palm facing down.
Move your wrist first towards your little finger, then towards your thumb.
Do not allow your forearm to move.
(If you are unable to get your hand flat, this can be done with your elbow supported on the table and move your hand from side to side, like a royal wave).

Relief of pain and swelling

There are several effective ways of relieving/reducing pain and swelling without taking tablets. Try one or more of the following techniques as often as you find effective.

1. **Contrast bathing** (effective for pain and swelling)
 - Fill a bowl with cold water. Fill another bowl with warm water.
 - Immerse the affected area in the cold water for 30 seconds; then alternate to the warm water for 30 seconds.
 - Continue alternating between the two bowls for 7 immersions (ensuring that the last immersion is always in cold water).
2. **Ice pack** (effective for pain and swelling)
 - Wrap a tea towel around a bag of frozen peas or a bag of crushed ice, to reduce the risk of ice burns.
 - Place the arm on a pillow with hand higher than elbow.
 - Place the ice pack over the affected area for 10 minutes and then remove.
3. **Hot pack** (effective for pain only)
 - Wrap a tea towel around a hot water bottle or heat pack.
 - Place the arm on a pillow with hand higher than elbow.
 - Place the hot water bottle or heat pack over the affected area for 10 – 20 minutes and then remove.

Do not use cold/ice if you suffer from any heart or circulatory problems.

Do not use heat if you have any circulatory problems in the affected area.

Do not use heat on hot or inflamed joints, especially in cases of arthritis.

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