

Wrist Fractures
Orthopaedic Department
Patient Information Leaflet

Under review

Wrist Fractures

Welcome to the Dudley Group NHS Foundation Trust Emergency Department/Fracture Clinic. This leaflet will provide you with the information regarding what to expect following a wrist fracture. It will describe some of the possible signs and symptoms and treatment you will be given for a wrist fracture.

Introduction

Fractures of the wrist are very common injuries. Around one quarter of all patients in Fracture clinic will have suffered a fracture of the wrist. A fracture is a break in the bone.

The usual cause of this injury is a fall. The person falling tries to break their fall by putting their hand out to save themselves and in doing so, the wrist is forced backwards.

Signs and symptoms

You may experience the following;

- Pain
- Swelling and/or stiffness mostly over the injured area
- Bruising and it may look deformed (out of shape)

What treatment will I receive?

Conservative treatment (non surgical treatment)

You may need to have your wrist put in a plaster cast. You may need to have the wrist reduced (put back into its original position) and then put into plaster. The plaster will be applied in order to achieve the best possible position to encourage healing and good alignment.

If the doctor decides to treat you with a plaster cast it is important in the early stages to elevate the limb, you will be put in a sling for use during the day time. During the evening and night time you may find it more comfortable to elevate your arm on a couple of pillows.

It is also extremely important that you keep your affected arm moving, not only the fingers, but also the elbow and shoulder. As these will become stiff if not used and can give problems in the long term.

Surgical treatment

In some cases you may need an operation to fix the fracture/break The doctor will use plate and screws to hold the bones in place.

What are the risks of surgery?

There are possible complications that you should be aware of if you have an operation:

- Scarring on the wrist
- Tendon around the wrist joint may become damaged
- Long term discomfort

You will be followed up in Fracture Clinic to check on your progress as the position of the fracture in some cases can change with time, and you may need an operation at a later date.

What should I do to help my wrist after the cast has been removed?

- If your wrist is swollen or achy, then soaking it in a bowl of warm water will help.
- Massage regularly with oils or hand cream directed over the wrist and towards the elbow.
- If the hand and arm are swollen then elevate on pillows and keep the fingers moving.
- Aim to use your wrist as normally as possible,
- To prevent the shoulder and elbow from stiffening, keep them moving.
- Follow the recommended exercises below to regain any loss of movement. Remember these exercises are in order of easy to advanced so work through at your own tolerance. Aim to complete the whole sheet at the end of one month.

Further Information

If you have any concerns / problems please speak to a member of staff or contact the Fracture Clinic at Russell's Hall Hospital on 01384 456111 extension 2220 the department is open Monday to Friday between the hours of 8.30 to 5pm.

Exercises

The purpose of these exercises is to provide you with the correct advice on how to return your wrist to normal once the cast has been removed. The exercises should be performed little and often and progressed at your own tolerance.

Exercise 1

Fully flex your wrist – Try to flex your wrist even more. Hold for 30 seconds.

Exercise 2

Fully extend your wrist – Try to extend your wrist even more. Hold for 30 seconds.

Exercise 3

Rest your forearm on a table, palm turned down. Alternatively turn palm up and down keeping elbow straight.

Exercise 4

Hold fingers and wrist straight. Bend wrist first towards the little finger and then towards the thumb.

Exercise 5

Support your elbow on a table with your wrist straight and your fingers pointing towards the ceiling.

Make a fist (thumb over fingers). Straighten your fingers and bring them apart.

Exercise 6

Put the back of your hand on a table.

Bring your thumb to the base of your little finger. Bring your thumb back.

Exercise 7

Place the palm of your hand on a table.

Bring your thumb away from the index finger and then back again.

If you have any problems during this treatment episode please speak to the doctor or nurse in clinic.

This Information can be made available in large print, audio version and in other languages, please call 0800 0730510.

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीਫ਼ोन ਨੰਬਰ **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) ، فرجاء ا اتصل بمنسق المعلومات للمريض **0800 0730510** على التلفون **Information Co-ordinator**

حسب ضرورت اس ایف ایٹ کوٹنڈا زبان (اوردو) میں حاصل کرنے کے لئے برہم پرائی ٹیلیفون نمبر **0800 0730510** پر ویڈیٹ انٹرنیشنل کو اور ایمل پر (مریٹوں کے لئے معلومات کی فراہمی کے سلسلے میں اس کے ساتھ رابطہ قائم کریں۔

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