

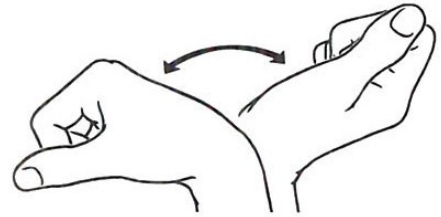
# Exercises After Wrist Fracture

Repeat each exercise 10 times, 5 times a day.

## Wrist Range of Motion:



With thumb toward face, gently bend wrist toward body, then away. Keep elbow bent and supported.



Actively bend wrist forward then back as far as possible.



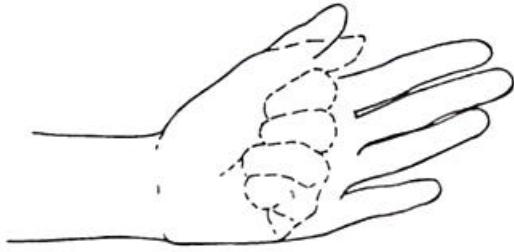
Start with forearm on table, thumb up and elbow held at side. Turn palm upward as far as possible.



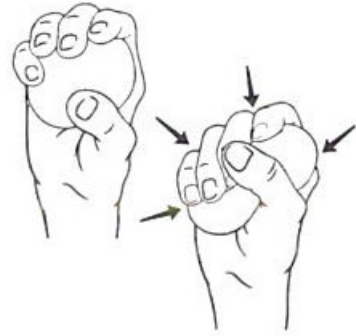
With forearm resting on table, elbow bent and palm facing center, turn palm down. Keep elbow at side and wrist straight.



## Hand Range of Motion:

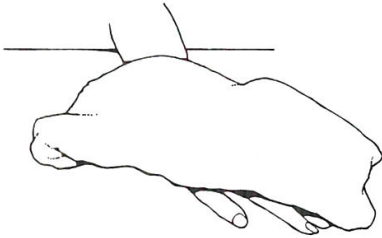


Straighten all fingers, then make a fist, bending all joints.

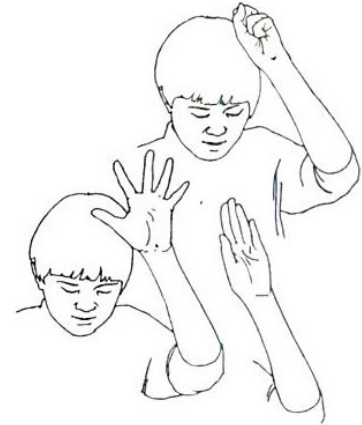


Slowly squeeze putty or a soft rubber ball.

## Swelling and Pain Control:



Wrap a bag of frozen peas or crushed ice in thin towel and place on hand for 10 minutes



Hold hand over head. Squeeze fingers together, making a fist. Spread fingers apart then press together.

**If you have any questions or concerns, contact the doctor or physiotherapist who provided you with these exercises**