Wrist injuries: discharge advice

Advice and exercises following discharge from hospital with a wrist injury.

General advice

Your wrist and hand may swell occasionally for some time. To help disperse the swelling, sit with your hand and arm supported, on pillows above the level of your shoulder at least twice a day for half an hour. Move your fingers at the same time.

To overcome the stiffness in your wrist you should complete the following exercises.

Remember:

- Exercise as the pain allows – **do not continue if it is too painful!**
- Complete 10 of each exercise.
- As the exercises become easier, build up to completing four times a day.
- If you have a cast* / splint*, this needs to be removed prior to exercising (**staff to delete*).

1. Sitting down, support the injured hand around the wrist with your other hand:
   a. Bend hand up and down from the wrist.
   b. Make a fist and bend the hand up and down from the wrist.
   c. Move hand from side to side with relaxed fingers.

2. With forearm on a table and elbow bent in to your side:
   a. Turn palm upwards and then downwards toward the table.
   b. Make a tight fist then stretch fingers out straight.

Note: use the hand for light activities as much as possible to increase confidence before attempting anything heavy or sustained.

If you have any urgent questions regarding this leaflet, please telephone the clinic on 0118 322 7553.

Friends & Family Test: While you are in hospital please spare a few moments to answer one question 'Overall, how was your experience of our service?' by filling in the card given or online by visiting www.royalberkshire.nhs.uk/surveys.

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Please ask if you need this information in another language or format.

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