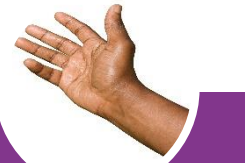


Wrist Fractures

Information for Patients



This leaflet has been written to give you the right information about wrist fractures and what you can do to help with your recovery.

What is a wrist fracture?

Firstly, a fracture is the same as a break. The word fracture is a medical term and a break is more of a common term to describe an injury to a bone that has caused it to break.

There are many different types of fractures; regardless of this, they all essentially mean the same thing i.e. that one or more of the bones in your wrist have been broken.

What can I expect after a wrist fracture?

Pain: Wrist fractures can potentially be really quite sore. As you might expect, the discomfort you get from a wrist fracture can be different from person to person. Sometimes they can be very sore and sometimes they may only hurt a little, but it is very normal for that soreness to still be there for some time afterwards (weeks possibly into months).

Swelling: After a wrist fracture, it is very likely for you to notice swelling. This is normal and will likely extend from your wrist into the hand and fingers. You may find the swelling lasts for a long time (possibly into months) and may even still be there when the pain has settled and you are feeling better. This doesn't necessarily mean anything is wrong, it is just what seems to happen.

Stiffness: Whilst your wrist is sore and swollen, you can expect to find that moving your wrist will be difficult. Again, this is normal and actually will help the early stages of your healing. Once you are ready, it is important to get your wrist moving as soon as you feel that you can, as this will make sure your recovery is started nice and early.

When will my wrist be healed?

Fractures typically heal within about 6-8 weeks. There are things that might influence this including any pre-existing health conditions such as diabetes or if you smoke, but typically once you pass the 6-8 weeks timescale, you can consider your wrist to be healed.

What can I do to help myself?

Trust it: After a wrist fracture, you might not feel confident to use your wrist or may feel that it will let you down or that you might injure it again. This is extremely normal and might take a little while to improve. It is hoped that the information on this page will help you

understand what is normal after a wrist fracture and help you to start to trust your arm again.

Start using it: Your arm is designed to be used, therefore it is important to try and get it going as soon as you can (in some cases this has to be once the hospital has said they are happy for you to do so). It is likely to be sore, but you will not make it worse by using it, in fact it will help your arm start to get better more effectively. You may need to adjust how you use your arm or how long you do things for in the first stages, but it is something that improves over time for most people.

Get exercising: One of the best things for most aches and pain is normal, confident movement. Your wrist will be sore, stiff and swollen after a break and it might feel like the last thing you might want to do is move it, but movement is the best medicine for it. You will not injure it or upset the healing process by moving it.

Will it get better?

For most people, a wrist fracture will not be a pleasant experience but reassuringly, it does have the potential to get better. It is difficult to predict how long, smooth or full your recovery might be, but by understanding the issue as best you can and by adjusting what is sore to then allow you to explore some exercise/s, is often the best formula for success. If you would like to know more about wrist fractures or find a greater choice of exercises, you can explore our dedicated webpage.

Search online: [Norfolk and Waveney MSK services](#) 'wrist fractures'

Exercises



Sitting or standing: Keeping your forearm pointing up to the ceiling. Bend your wrist down and use the other hand to increase the stretch by pushing further. Follow this by pulling your wrist backwards and again, use the other hand to increase the stretch if needed.

Complete little and often throughout the day.



Sitting with your fingers together, elbows bent and your hand over the edge of a table/ your lap. Turn your hands over and back again, trying to keep your elbows bent. Try to keep the forearm of the arm you wish to exercise down on the table/lap throughout.

Complete little and often throughout the day.



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