Standard Rehabilitation Wrist Fracture Guidelines

**(Operative and Non-Operative Management)**

Available at: [https://www.ualberta.ca/rehabilitation/research/core/shoulder-and-upper-extremity-research-group-of-edmonton](https://email.albertahealthservices.ca/owa/redir.aspx?REF=uMfT19NSBr-LL9c-rsGen9ez6OX58KISxPYGzFO6dZWhR3kN4j3WCAFodHRwczovL3d3dy51YWxiZXJ0YS5jYS9yZWhhYmlsaXRhdGlvbi9yZXNlYXJjaC9jb3JlL3Nob3VsZGVyLWFuZC11cHBlci1leHRyZW1pdHktcmVzZWFyY2gtZ3JvdXAtb2YtZWRtb250b24." \t "_blank)

# **Please give to patient at the 5-7 week follow-up visit with the surgeon**

# **PHASE 3**

## Surgery (weeks 7-8) and No Surgery (weeks 7-8)

* Continue to work on stiff movements 3 times per day from Phase 1 or 2.
* Continue/start grip strengthening exercises as shown in phase 2. If comfortable, start gentle wrist strengthening.

### Exercises

|  |
| --- |
| **Wrist:**  Sets: 1 | Reps: 10 | 3 times a day | |
|  |  |  |
| * Bend wrist up and down
 | * Move hand side to side at the wrist
 | * Twist palm up and down
 |
| **Wrist:**  Sets: 1 | Reps: 10 | Hold: 10-30 sec | 3-5 times a day | |
|  |  |  |
| * Place palms together then slowly lower wrists until a stretch is felt
 | * Rest hand on table. Slowly move body over hands until gentle stretch in wrist.
 | * Using uninjured hand, turn palm facing upwards
 |

|  |
| --- |
| **Finger & Thumb:**  Sets: 1 | Reps: 10 | 3-5 times a day | |
|  |  |  |
| * Make hand into fist, then straighten out
 | * Reach thumb away from your palm
 | * Make a hook, bending your fingers keeping big knuckles straight
 |

# PHASE 4

## Surgery (weeks 8+) and No Surgery (weeks 8+)

* Continue to work on movements and stretches of wrist and hand that are stiff
* Add wrist strengthening
* Consult with your therapist:
	+ To ensure exercise are appropriate,
	+ Progress your exercises,
	+ Guide you to more vigorous activities (e.g. work, sports).
* Use splint to protect wrist in: (1) crowded areas (2) situations where you could fall (slippery ground) if recommended.

### Exercises

|  |
| --- |
| **Wrist:**  Sets: 3 | Reps: 10 | 1 times a day | |
|  |  |  |
| * Holding a weight, bend wrist up and lower down
 | * Holding a weight, bend wrist up and lower down
 | * Holidng a hammer, with elbow by waist, twist palm
 |
|  |  |  |
| **Wrist:**  Sets: 3 | Reps: 10 | 1 times a day | |  |
|  |  |  |
| * Squeeze: stress ball, exercise putty or hand gripper
 | * Holding a weight, bend elbow up and lower down
 |  |