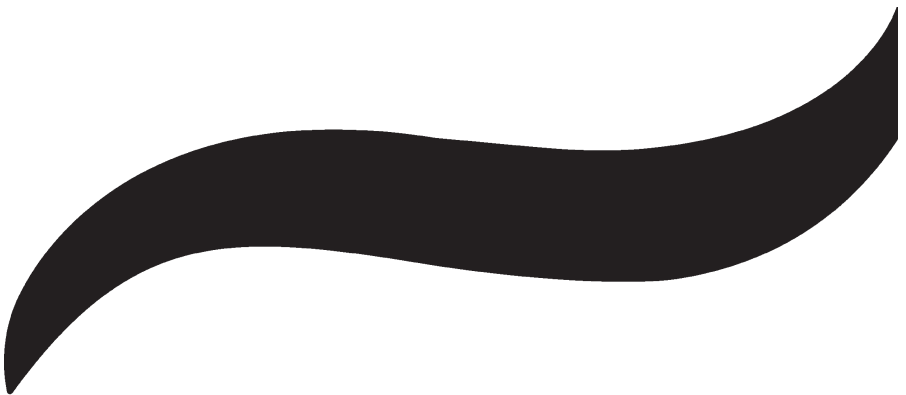




# Post Wrist Fracture/ Break information

Information for patients  
Physiotherapy Department



A fracture is a break of a bone. No two fractures are the same.

If you fracture your wrist you will be put in a cast for up to 6 weeks  
This will allow the bones to heal in a good position

In some cases, you may need an operation to insert a metal plate and screws or wires, called “K” wires, to hold the break/fracture in a good position while it heals. This will be discussed with you at the Fracture clinic if we feel this would be the best way of treating your fracture.

You will still require a cast put on as well.

Once your cast is on, to reduce the risk of complications you will need to:

1. **Control your pain** - you should take simple painkillers or discuss with your GP, Clinic or Pharmacist. Pain can stop you moving and prevent you from sleeping
2. **Control/reduce swelling** - it is normal to get some swelling after an injury. Too much swelling can increase pain, restrict your movement and cause stiffness.

It is important for the first few days after you cast is put on that you:

- ◆ Raise your hand above your heart regularly throughout the day
- ◆ If you’re sitting down, raise your wrist by putting it on several pillows at your side
- ◆ If walking about, you can use a sling or hold it across your chest to the opposite shoulder. Do not use the sling for more than a few days as this can cause elbow and shoulder stiffness

### 3. **Keep moving**

- ◆ Keep your fingers, elbow and shoulder moving.



- ◆ Raise your hand above your head regularly and bend and straighten your fingers
- ◆ Bend and straighten your elbow
- ◆ Try to use your hand for light activities such as turning pages, writing, picking up light/small objects.



Turning pages



Writing



Picking up  
small/light objects

### 5. **Eat Healthily and Avoid Smoking**

- ◆ Poor diet and smoking are known to slow down the fracture healing
- ◆ Taking Vitamin C daily for the first 6 weeks may help reduce the risk of complications

Contact the **PLASTER ROOM** right away if your cast becomes too tight, you have pins and needles or your pain is increasing.

Please contact the Hospital you attended:

**University Hospital Hairmyres**

Telephone 01355 585370

Monday to Friday - 8.30am - 5pm

**University Hospital Monklands**

Telephone 01236 748748

Extension 2200

Monday to Sunday - 9am - 5pm

**University Hospital Wishaw**

Telephone 01698 366610

Monday to Friday - 8am - 4.30pm

Outside these times please contact the Emergency Department or NHS 24.

**Emergency Department**

- ♦ Hairmyres 01355 584716
- ♦ Monklands 01236 712191
- ♦ Wishaw 01698 366630

NHS 24 111

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk)  
NHS Lanarkshire General Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland. [www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel No: 0800 22 44 88

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