

## Comments, Compliments, Complaints

Hertfordshire Community NHS Trust offer high quality services and aim to be as helpful as possible. If however you are dissatisfied by our service then we would like to know so that we can make improvements.

Please contact either:

### Patient Advice and Liaison Service (PALS)

Tel: **0800 011 6113**

10am to 2pm, Monday to Friday

Messages can be left outside these hours.

Email: [pals.hchs@nhs.net](mailto:pals.hchs@nhs.net)

### Patient Experience Team

Tel: **01707 388036**

9.30am to 4pm, Monday to Friday

Messages can be left outside these hours

Email: [complaints.hchs@nhs.net](mailto:complaints.hchs@nhs.net)

#### Hertfordshire Community NHS Trust

Units 1A & 1B  
Howard Court  
14 Tewin Road  
Welwyn Garden City  
Hertfordshire  
AL7 1BW

Telephone: 01707 388000

Fax: 01707 321840

Email: [communications@hchs.nhs.uk](mailto:communications@hchs.nhs.uk)

Web: [www.hct.nhs.uk](http://www.hct.nhs.uk)

If you would like a copy of this document in LARGE PRINT, Braille or audio tape, or would like this information explained in your own language, please contact 01707 388148

*Proud to*   
*care for you*

**NHS**

Hertfordshire Community  
NHS Trust

# Out of Plaster – Wrist

## Self-Management Information for Patients



*This leaflet has been produced by staff working in our Outpatient Physiotherapy teams, part of our Musculoskeletal Service*

## How long will my wrist need to be in plaster for?

It usually takes between 4-6 weeks for a wrist fracture to heal.

On removal of your cast it is normal to experience the following:

- Pain or discomfort
- Stiffness
- Swelling
- Weakness
- Dry, flaky and/or discolored skin

These will improve with time, and in some cases this may take up to a year.

## Rehabilitation

It is important to try and use your wrist as soon as possible after having your cast removed. Try to use your wrist as normally as you can manage.

To help regain normal function of your wrist, follow the advice below:

- To reduce the swelling, try contrast bathing. This is where you alternate between bathing your wrist in warm and cold water for 30 seconds at a time, for up to 5 minutes daily.
- Elevate your affected arm on cushions for short periods during the day should also help reduce swelling.
- If you have had an operation, massage the scar for 5 minutes every day.
- Try to move your wrist, hand, fingers and thumb every couple of hours.
- Use your shoulder and elbow as normal to stop them from stiffening up.

## Suggested Exercises:

### ■ Prayer Position

Place palms of hands together, keeping elbows out to side. Hold for 5 seconds and repeat 10 times.



### ■ Supination



Clasp hands together. Turn hands over as far as you can, using your good hand to assist. Keep your elbows still during the movement. Return to the centre and turn the other way.

### ■ Fist

Make a fist as best as you can. Hold for 5 seconds. Straighten fingers out as far as you can and relax. Repeat 10 times, do 3 sets.



### ■ Thumb Opposition



- Try to touch thumb to each fingertip
- Repeat 10 times

Gradually increase from light activities to normal activities as your pain allows. It is normal for your wrist to ache with use.

If you are worried that you are suffering from extreme pain and your symptoms are not settling with the above advice please see your GP.