



Information for
patients and
carers

Wrist Cast

Hand and Therapy Advice

Information about your cast if you have fractured or broken your wrist



- Your cast is likely to stay on for up to 6 weeks, although it may be changed during this time at a fracture clinic appointment
- When the cast is removed, it will take several more weeks to regain the movement and strength in your wrist. Your consultant or the doctor you see in the clinic will refer you to therapy if they feel you are likely to need help

It is important to know that swelling in your hand is normal after this kind of injury. The advice in this leaflet will help you to deal with it effectively.

Do

- Keep all of your unaffected joints moving i.e. your shoulder, elbow and fingers. Exercises in this leaflet will help
- Use your hand for light function only – no heavy lifting or strong gripping
- Keep your injured wrist elevated, for example on some pillows or with your hand on your chest. You need to work with gravity to keep the swelling under control

Do not

- Spend any length of time standing/sitting with your injured arm down by your side
- Get the plaster wet, or try to cut/remove it yourself. Our local pharmacist can give you advice on products that are available to keep your cast dry whilst showering
- Poke anything down the plaster as you may cause a wound which can be a potential source for infection
- Forget to do the exercises. Fingers will stiffen up very quickly. If this happens the recovery time after the cast can be longer
- Let some discomfort from the exercises put you off doing them. When stiffness creeps in it can be painful. Any discomfort in your fingers will not be affecting your wrist injury

Exercise

- These exercises are extremely important to do
- As well as avoiding stiffness, they will help your circulation which helps the healing process
- If you had any previous issues with a joint, such as stiffness in the fingers, please move as best as you would normally be able to
- You should complete them at least 4 times per day and do 10 repetitions of each one

Fingers

Start all of these exercises with your fingers pointing straight up towards the ceiling as shown. It may help to have your elbow on a table to steady your hand. If your fingers do not move well on their own, use your other hand to help them.

1. Bend all your fingers to make a fist



2. Keeping your small finger joints straight, bend your fingers from the big knuckles



3. Keeping your big knuckles straight, bend the small finger joints to form a 'hook' fist



Thumb

1. As your cast allows, touch the tip of each finger with your thumb



2. Move your thumb across your hand towards the base of your little finger and then fully straighten it again



Elbow

Bend your elbow so that your hand moves towards your shoulder and then fully straighten your elbow out again.

Shoulder

Lift your affected arm up towards the ceiling until your elbow is straight and then lower it down again.

Please return to your local A&E for further treatment if you develop any of the following:

- Circulatory difficulties such as numbness, tingling, pins and needles or blue/white fingers
- Increased and intense pain
- Increased swelling that is not controlled by the advice in this leaflet
- Problems with your cast e.g. too tight, too loose, rubbing
- Inability to move your fingers
- Persistent itching/burning underneath the cast
- Skin sores under or around the cast edges
- Unpleasant smell or discharge from underneath the cast

Contact details

Should you require further advice or information please contact Hand Therapy at Royal Preston Hospital on 01772 522879 or Chorley District Hospital on 01257 245757.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں یبھ ابی دست بو یسکت ہے برا ے مہر یان پو ے یچھہی۔ معلومات

Arabic:

مطبوعه بأ حروف كبير ة و بلغات إذا كنت تر يد مسا عدة في فهم هذه لمعلومات يُر جى أن تطلب أخرى بملكن تو فسير هذه المعلوما ت

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