

Keep moving.....



Every waking hour:

- ⇒ Raise your hand above your head, make a full fist and straighten fingers as shown in photos
- ⇒ Make a circular motion with your thumb
- ⇒ Try and touch your thumb to all your fingers
- ⇒ Remember at rest (e.g. watching TV) try and keep your hand above heart level as much as possible

Keep using.....

Include your hand in light activities:



Brushing hair

Eating



Doing-up buttons & zips

- ⇒ When dressing put your injured arm into sleeve first
- ⇒ when undressing take injured arm out last
- ⇒ Try not to ignore your injured hand; using the hand will prevent muscle weakness

Stop smoking



Smoking delays bone healing and can increase the risk of infection.

Control your pain

- ⇒ It is important to manage your pain to allow you to exercise and sleep.
- ⇒ You can get advice on pain control from your doctor or pharmacist

Maintain a healthy diet



- ⇒ Increase your intake of Vitamin C in your diet
- ⇒ e.g. eat 5 pieces of fruit or veg a day
- ⇒ Recommended dose—500mg daily

If the following occurs...

- ⇒ Pain increases
- ⇒ Fingers swell-up
- ⇒ You can't do your exercises
- ⇒ The cast feels too tight
- ⇒ Persistent pins & needles
- ⇒ You can't use your hand in light activities



Contact the hospital where your cast was applied.

You will be in a back-slab or cast for 4-6 weeks

Useful numbers

MUCC (St Mary's Healthcare Campus, Gurrabraher):
021 4926900

Mallow General Hospital:
022 58506

Bantry General Hospital:
027 50133

Cork University Hospital (CUH):
021 4922000

Plaster Technician in CUH:
021 4546400 / ext 22445

Mercy University Hospital:
021 4271971 / ext 5155

Useful websites

Emergency Medicine Cork
www.EMed.ie

MyOrthoClinic.com
www.myorthoclinic.com

Many thanks to
Cork CRPS Forum
for this leaflet.



Patient Information

Looking after your fractured wrist



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive