

Patientinformation

Forearm fracture – exercise programme

Because your wrist has been in plaster and your hand and arm have not been used normally, there is a strong risk that your hand will swell up. The reasons for this are:

- Your muscles have not been working normally
- Blood circulation is affected when a part of the body is not being used

It is very important to 'work off' the swelling as soon as possible. This can be done by doing the following:

- Use your hand and arm actively in daily activities
- Avoid carrying or lifting anything heavy for the first few weeks
- At the acute stage, keep your hand elevated, particularly
- when you are resting

Do the following exercise 10 times every hour or when you feel pressure building up:

- Keep your hands at shoulder height
- Clench your hands tightly
- Stretch your arms upwards
- Stretch and spread your fingers



Perform these movements vigorously and with as much power as possible.

In case of swelling, however little, perform the exercises with your arms elevated and at night place your hand on a pillow. Do not allow your arm to hang down for any long period of time – when you are out walking for example – as this will increase the swelling. Remember also that heat will increase the risk of swelling.



Forearmfracture

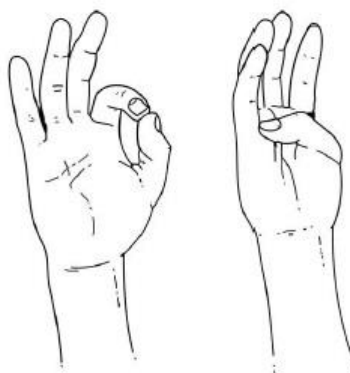
Utskrivet av:
Centrala Arbetsterapin
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12-Maj-2017

Do the following exercises four times a day, repeat each exercise 10 times.

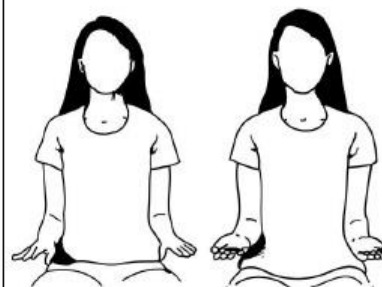
Perform each exercise slowly and hold for another 5-10 seconds. Do not help with the other hand when you do this exercise.

When training after injury, it can hurt, but it is important that you try to perform the exercises anyway. The pain should not be unbearable and must be temporary.



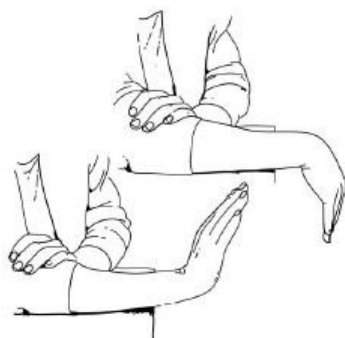
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Move the top of the thumb in a wide bow to the index fingertip, the middle finger's top, ring finger's top etc.



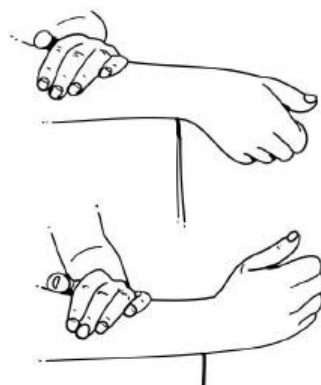
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Place your elbows close up to your body. Turn the palm of your hand and the back of your hand up, in turn.



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With your hand over the table edge. Bend the hand up and down as far as it goes without your forearm lifting.



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Move your hands up and down in turn, with the hand placed over the edge of the table.



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Bend and straighten your elbow.

Contact us if you have questions:

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You can renew prescriptions, make an appointment, ask to be contacted etc on the website:
www.vgregion.se/sas

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