

## ***Avulsion fracture to one of the carpal bones in your wrist*** (page 1 of 3)

**You have sustained an avulsion fracture to one of the carpal bones in your wrist;** this is when a small flake of bone is pulled away from one of the small bones in your wrist. This normally takes approximately 4-6 weeks to heal. You have been placed in a splint. Wear the splint for support and comfort for the next 2 weeks. You should remove the splint daily and check your skin to ensure that no sore areas are developing. It is important that you keep your fingers and elbow moving to prevent stiffness, however, avoid any heavy lifting for the full six weeks.



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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Take pain killers as prescribed. If you are worried you are unable to follow this rehabilitation plan, or have any questions, please phone Fracture Clinic for advice.



We do not routinely follow up patients with this type of injury. Fracture Clinic will be made aware of your injury. **If after four weeks you are:**

- Still experiencing significant pain and swelling or
- Struggling to wean out of the splint

Please do not hesitate to contact Fracture Clinic for further advice. Access to the Orthopaedic team will **remain open for 6 weeks** from your attendance to Emergency Department.

**Please contact Fracture Clinic on:**

**01722 336262 ext 2441**

**Fracture Clinic Team**  
**01722 336262 ext 2441**

Please follow the Management/rehabilitation plan shown below:

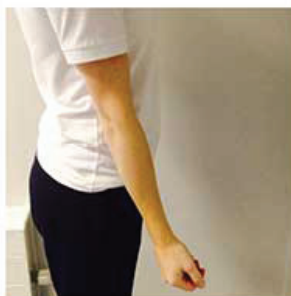
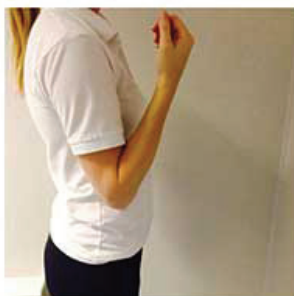
<b>Weeks since injury</b>	<b>Rehabilitation plan</b>
0-2	<p>Keep the arm elevated in the sling or on pillows if more comfortable.</p> <p>Do the circulation exercises shown below.</p> <p>Wear the splint throughout the day, removing once a day to check the condition of your skin.</p> <p><b>You should not drive when wearing the splint.</b></p>
2-6	<p>Reduce the use of the splint and commence wrist movements. It can be removed at night time.</p> <p>It is important to avoid heavy lifting.</p> <p>You can return to driving once you can safely control the car and you have informed your insurance company.</p>

**Initial Exercises to be done 5-6 times a day**



**1. Finger and wrist flexion and extension**

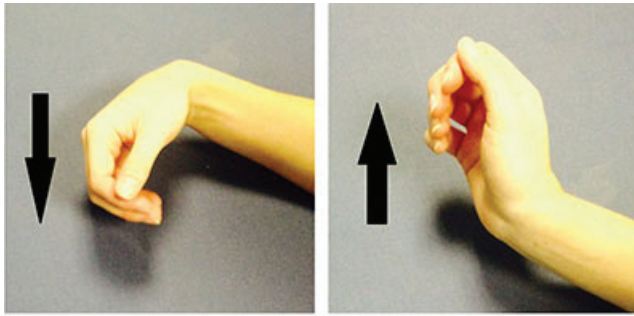
Begin this exercise by opening and closing your hand as able within the restriction of the splint, approximately 10-15 times 5-6 times a day



**2. Elbow Bend to Straighten**

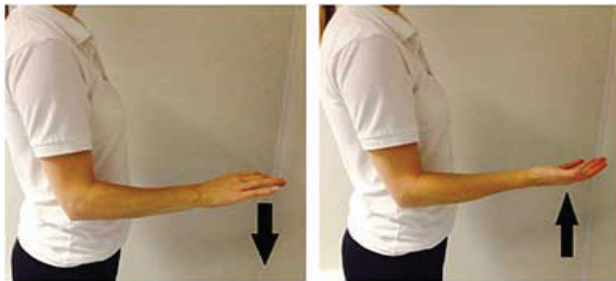
Bend and straighten your elbow.  
Repeat 10 - 15 times, 5-6 times a day.

## Exercises to commence at 2 weeks



### 1. Wrist flexion and Extension

Slowly move your wrist up and down, it should not be painful, but you may experience some discomfort. Repeat 10-15 times



### 2. Forearm Rotations

Begin this exercise with your elbow at your side and bent. Slowly turn your palm up and down as far as you can go without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary.

Repeat 10 - 15 times if there is no increase in pain.

## Stopping Smoking

Medical evidence suggests smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important you consider this information in relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.