

# Wrist exercises out of a splint



## Summary points to remember:

- Remove your splint and perform these exercises four times a day
- This brochure provides some information to assist with the management and rehabilitation of your injury. While it contains the recommended information, it does not contain all available information about your injury and is not a substitute for specific advice from the Virtual Fracture Clinic in respect of your injury
- All treatment options have risks and benefits
- If you have any concerns about the progress of your rehabilitation, contact the Virtual Fracture Clinic promptly
- Do not continue the exercises in the brochure if:
  - You experience increasing pain (some discomfort is common)
  - Your condition has deteriorated in any way since you last consulted the Virtual Fracture Clinic
  - You have a new injury or condition and have not consulted the Virtual Fracture Clinic about it
- This information is only designed for patients who are currently being treated by the Virtual Fracture Clinic at the Royal Melbourne Hospital (RMH)
- If you do not understand the information seek clarification from the Virtual Fracture Clinic
- Patients should be aware that the suggested management is not guaranteed to provide any improvement in your condition
- Keep this brochure as you may need to read it again

## Virtual Fracture Clinic

The Virtual Fracture Clinic is part of the orthopaedic department at the Royal Melbourne Hospital. The clinic manages patients with simple fractures and injuries, often without the need to see a doctor in person.

The exercises in this brochure are part of the rehabilitation for your injury.

## Rehabilitation exercises

Remove your splint and perform these exercises **four times a day**:

- Open and close your hand. Repeat 10 times

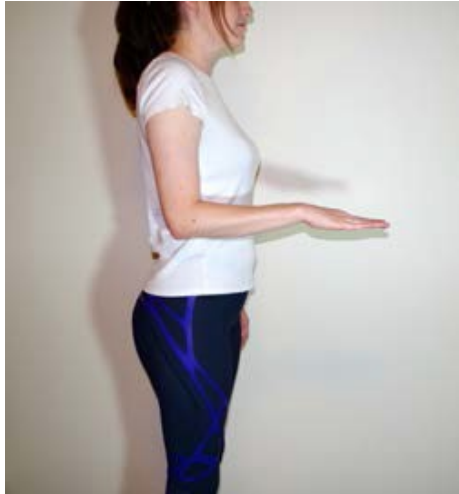
**Progression:** Hold a soft ball or rolled up socks, squeeze and relax. Repeat 10 times



- Move your wrist up and down. Repeat 10 times



- Start with your elbow bent to 90 degrees by your side. Rotate your palm up and down to feel a mild stretch. Repeat 10 times.



## Contact

**Virtual Fracture Clinic**  
0427 892 421

## Practitioner / Patient notes

