

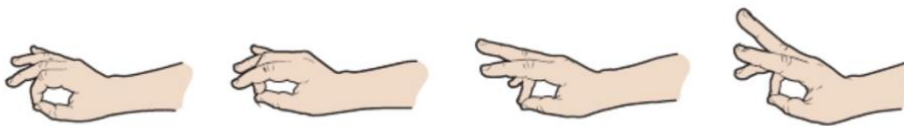
Exercises for Your Arm and Hand Whilst in a Cast

While your wrist fracture is healing by being immobilised in the cast, it's important to complete these exercises as shown 3-5 times per day in order to help;

- Reduce and prevent swelling
- Increase circulation
- Maintain joint mobility
- Glide tendons
- Prevent muscle wasting/weakness

1. Finger opposition

Make an 'O' shape by touching each finger tip to your thumb. Repeat 5-10 times.



2. Tendon glides

Start with pointing your fingers straight, then slowly bend at your knuckles to make a table top position. Next, bend your fingers at their mid point to make a claw, and then bend all fingers to create a fist position. Hold each position for 5 seconds and repeat 5 – 10 times.



3. Elbow range of motion

To prevent elbow joint stiffness, slowly band and straighten your elbow as shown. Repeat 10 times.



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