



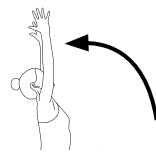


Patient information factsheet

Exercises in a wrist cast

While you are using a wrist cast, you should do exercises for your hand and arm. This factsheet contains instructions for five exercises. Try to complete these exercises at least four times a day. Keep your arm elevated (raised) to decrease swelling.

1.	Bend your fingers and thumb into the palm of your hand to make a fist. Then stretch out your fingers and thumb so they are straight. Repeat ten times.	
2.	Keeping the joint at your knuckles straight, bend the tips of your fingers towards your palm. Repeat ten times.	
3.	Bring your thumb in turn to each of the tips of your fingers. Repeat ten times.	
4.	Bend and straighten your elbow. Repeat ten times.	
5.	Lift your arm up above your head. Repeat three times.	

Contact us

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