



Advance Physio Clinic

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Advance Physio Clinic

2 Trevino Way
Cranbourne North
Victoria 3977
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Clinic Services:

- Neck and low back pain, neck, thoracic and lumbar disc bulges
- Sciatica
- Headaches/Migraines
- Clinical Pilates
- Rehabilitation after surgery, stroke and vehicle accidents
- Work injuries
- Sporting injuries

Clinic Hours:

Monday to Friday: 9am-7pm
Saturday: 9am - 12pm

The Importance Of Physiotherapy Post Wrist Fracture

As a physiotherapy practice, we often see wrist fractures presenting post sport, MVA and general falls onto an outstretched wrist. The wrist is most common broken from a sudden force into extension pushing the hand backwards. The scaphoid and radius are the most common fractures that we attend to.

Diagnosis Of Wrist Fractures

Following a fall, the patient will most likely be bruised and sore. The wrist is most likely fractured rather than sprained if a presents with these symptoms:

- persistent pain
- swelling near the wrist
- changes in finger movement
- numbness

Management of Fracture

Rehabilitation is crucial especially after wrist fractures. The speed at which a patient regains wrist range of motion is an important factor in recovery, and is largely dependent on which exercises are performed and the frequency of these. To allow the fracture to heal correctly a wrist fracture must be fixed in a position that allows the fracture to be held in as close to the original shape as possible. A simple fracture can just be plastered and left to heal, while a displaced fracture has to be returned to an appropriate alignment. When a fracture is suspected, we will refer immediately to you to organise appropriate scans and possibly an orthopaedic consult.

Physiotherapy after Wrist Fracture

Once the hand is removed from plaster its condition varies greatly so an experienced physiotherapist needs to assess the situation and recommend an appropriate treatment plan. The swelling and colour of the hand will give the physiotherapist important information about how severe things are. The treatment approach will vary depending on the nature of the fracture and whether it was managed conservatively or not – i.e if surgical intervention was required.

If signs of strong bone remodelling and consolidation are evident post removal of plaster, then the physiotherapist will prescribe exercises for the wrist, forearm and hand and perhaps the elbow and shoulder. The physio will progress to strengthening the wrist as the movements improve and teach the patient to use the hand in everyday activities. Another very important part of wrist rehab is to mobilise the stiff and affected joints to restore normal and functional range of movement for the patient.

To refer any patients who require rehabilitation for a wrist fracture, please call our practice or fill out the referral forms and have your patient bring this to their initial appointment at our practice. We will send you an update of their treatment plan as soon as they have been assessed by one of our therapists.