

Distal Radius Wrist Fracture Surgery Home Program Phase 1 Exercises

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Start these exercises right after surgery. Elevate the elbow and hand above the level of the heart. Do the exercises every hour, to help reduce stiffness and swelling.

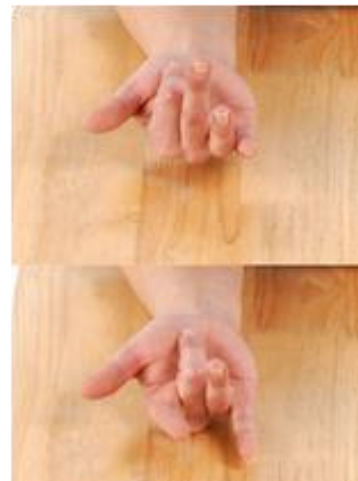
1 – FINGER GLIDES: SETS :2 / REPETITION:15-20 / FREQUENCY:HOURLY

- Elevate your arm.
- Straighten your fingers.
- Bend at the first knuckles, making a tabletop.
- Touch the fingertips to the base of the palm, making a flat fist.
- Bring the fingers up into a claw position.
- Keeping the tension in the fingers, roll them into a full, tight fist.



2 – SINGLE FINGER BENDS: SETS: 2 / REPETITION: 15 - 20 / FREQUENCY: HOURLY

- Elevate your arm, with your fingers pointing up.
- Start with the fingers straight.
- Bend the index finger down to the base of the palm, then straighten again.
- Repeat with each finger.



3 – ACTIVE FINGER FLEXION (FLAT FIST): SETS: 2 / REPETITION: 15-20 / FREQUENCY: HOURLY

- Begin with your wrist and fingers straight.
- Bend fingers into a flat fist, reaching to the base of the palm.



4 – TABLETOP: SETS: 2 / REPETITION: 15-20 / FREQUENCY: HOURLY

- Begin with your wrist and fingers straight.
- Bend the base of the fingers to a 90 degree angle, so the hand looks like a tabletop, keeping the other finger joints straight.
- It is ok to press down on the base of the fingers, to help work out stiffness.



5 – CLAW: SETS: 2 / REPETITION: 15 – 20 / FREQUENCY: HOURLY

- Begin with the fingers in a gentle fist.
- Make a claw by straightening the knuckles at the base of the fingers, while bending the tip joints.
- It is ok to stretch the fingers into the claw using the other hand, to work out joint stiffness.



6 - FINGER SPREAD: SETS: 2 / REPETITION: 15 – 20 / FREQUENCY: HOURLY

- Begin with your injured arm elevated, and your wrist and fingers straight.
- Spread your fingers and thumb apart as far as possible.
- Relax and bring them together again.



1 – 6 EXERCISE SUMMARY:



- **Exercise 1: Finger glides**
Sets: 2 / Repetition: 15 - 20 / Frequency: hourly



- **Exercise 2: Single finger bends**
Sets: 2 / Repetition: 15 - 20 / Frequency: hourly



- **Exercise 3: Active finger flexion (flat fist)**
Sets: 2 / Repetition: 15 - 20 / Frequency: hourly



- **Exercise 4: Tabletop**
Sets: 2 / Repetition: 15 – 20 / Frequency: hourly



- **Exercise 5: Claw**
Sets: 2 / Repetition: 15 – 20 / Frequency: hourly



- **Exercise 6: Finger spread**
Sets: 2 / Repetition: 15 – 20 / Frequency: hourly