



## Distal Radius Wrist Fracture Surgery Home Program Phase 3 Exercises

DAVID GESENSWAY, MD

You will begin these exercises approximately 4 weeks after surgery, once the doctor has examined your x-ray and cleared you for strengthening and passive stretching exercises. Using heat for 10-15 min before exercising, at least once per day, will help you regain more motion with less pain. Remember, you are your best therapist! Put in the time and effort to improve this month.

### 1 – PASSIVE WRIST EXTENSION: REPETITION: 5 / FREQUENCY: 4X / DAY / HOLD: 30

- Begin by resting the elbow of your injured wrist on the table in front of you with your wrist straight.
- Bend your injured wrist back applying pressure to the palm of your hand with your other hand and hold.
- Return to starting position.



## 2 – PROM WRIST FLEXION: REPETITION: 5 / FREQUENCY: 4X / DAY / HOLD: 30

- Rest your forearm on the table or an armrest, letting your hand hang over the edge of the table.
- Grasp the entire hand firmly, just past the wrist crease.
- Pull your wrist outwards and down, towards the floor, until you feel a moderate stretch on the tip of the wrist.
- Hold 20-30 seconds.



## 3 – PROM FOREARM PRONATION / SUPINATION: REPETITION: 5 / FREQUENCY: 4X / DAY / HOLD: 30

- Hold your elbow held tight to your side, with your elbow bent at 90 degrees.
- Grasp the middle of the hammer handle and turn palm up.
- Hold 20-30 seconds.
- Difficulty is increased by holding the hammer handle further down, as shown in the picture.



## 4 – PUTTY GRIP: REPETITION: 10 / FREQUENCY: 1X / DAY

- Squeeze putty with all fingers for 3 seconds.



## 5 – PUTTY FINGERTIP PINCH: REPETITION: 10 / FREQUENCY: 1X / DAY

- Pinch the putty between the thumb and first 2 fingers, squeezing for 3 seconds.



## 6 - PUTTY FINGER SPREAD: REPETITION: 10 / FREQUENCY: 1X / DAY

- Flatten putty into a pancake.
- Hold the tips of your fingers and thumb together.
- Spread the putty over the top of them, and spread them apart.



## 7 - PUTTY KEY PINCH: REPETITION: 10 / FREQUENCY: 1X / DAY

- Pinch putty between the thumb and the index finger, as if gripping a key.
- Squeeze for 3 seconds.



## 1 – 7 EXERCISE SUMMARY:



- **Exercise 1 : Passive wrist extension**  
Repetition: 5 / Frequency: 4x / day / Hold: 30



- **Exercise 2 : PROM Wrist flexion**  
Repetition: 5 / Frequency: 4x / day / Hold: 30



- **Exercise 3 : PROM forearm pronation/supination**  
Repetition: 5 / Frequency: 4x / day / Hold: 30



- **Exercise 4 : Putty grip**  
Repetition: 10 / Frequency: 1x / day



- **Exercise 5 : Putty fingertip pinch**  
Repetition: 10 / Frequency: 1x / day



- **Exercise 6 : Putty finger spread**  
Repetition: 10 / Frequency: 1x / day



- **Exercise 7 : Putty key pinch**  
Repetition: 10 / Frequency: 1x / day