

# Instructions for patients with plaster cast after wrist fracture

You should try these exercises 4 times a day.  
Do each exercise 10 times.



Lift your  
arm above your head



Elevate your arm  
while resting



Spread your  
fingers



Make a fist



Touch each finger  
with your thumb



Use your hand for light activities



## Please seek medical attention if:

- The plaster becomes too tight
- Your swelling increases
- You have constant pins and needles
- You have increased pain



Phone **Plaster Room** between 8.30 - 4.00pm (Mon-Thurs) and 8.30 - 11.30am (Friday)

**Tel: 0131 242 3408**

Out with these hours contact the Emergency Department

**Tel: 0131 242 1300 / 1 / 2**

Physiotherapy Department  
Royal Infirmary of Edinburgh

**NHS**  
Lothian



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