Instructions for patients with plaster cast after wrist fracture

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



Elevate your arm while resting



Spread your fingers



Make a fist



Touch each finger with your thumb

Use your hand for light activities





- 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



Lift your arm above your head

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Spread your fingers

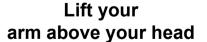


Make a fist



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



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