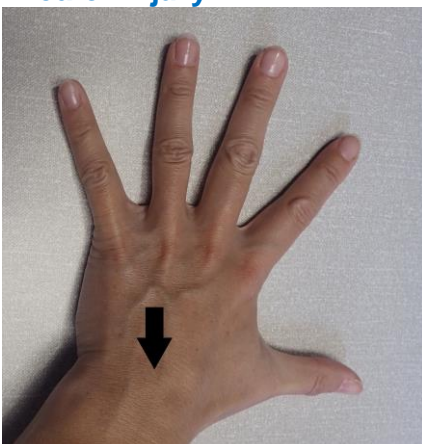


This is a follow-up letter to your recent consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist).

You have sustained a soft tissue injury to your wrist. This means there is no bony injury but you may have hurt the structures around them.

- Healing:** This normally takes approximately 4-6 weeks to heal. If you have been given a splint this is for comfort and doesn't affect the rate of healing.
- Pain and swelling:** Take pain killers as prescribed.
- Using your hand:** You may use the hand as pain allows.
- Follow up:** This type of injury heals well and you will not need a follow up.

Area of injury:



If you are worried that you are unable to follow this rehabilitation plan,

Or, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

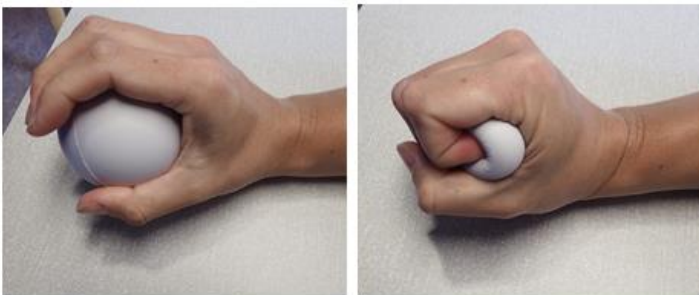
or have any questions, then please phone the Fracture Care Team for advice.
(see map attached)

Advice for a new injury:

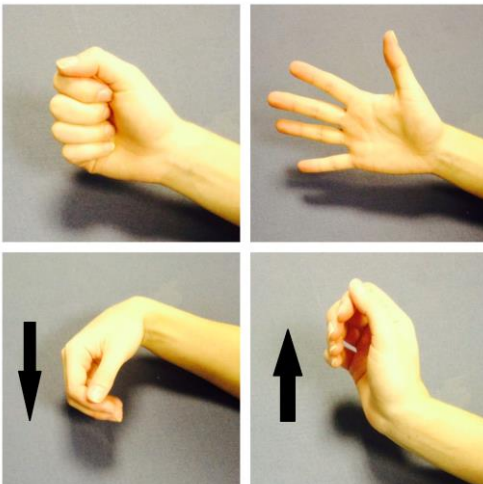
Cold packs: A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin as this may cause an ice burn

Please follow the management plan below:

Weeks since injury	Plan
0- 2	<ul style="list-style-type: none"> ✓ Use the splint for comfort ✓ You can take the splint off for sleeping if you prefer ✓ You can gently start the exercises below to help get normal movement back in your hand.
2-4	<ul style="list-style-type: none"> ✓ Try to start doing normal activities without the splint (start gently) ✓ The injury has healed. ✗ Heavy tasks or lifting may be uncomfortable.
6	<ul style="list-style-type: none"> ✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.

Exercises:

Squeeze a soft ball, playdough, plastic bottle or similar item. Do this for 30-60 seconds

**Finger and wrist flexion and extension**

Open and close your hand as shown 10-20 times. Then move your wrist up and down 10-20 times. Repeat 3-4 times per day.

After a few days, hold a soft ball / ball of socks. Squeeze the ball as hard as possible without pain. Hold for 5 seconds and repeat 10 times. Repeat 3-4 times per day.