



## Home Exercise Program- Post op ORIF- Wrist Fracture

Coastal Orthopedics and Sports Medicine  
14 Thomas Point Road. Brunswick, ME 04011



The following exercises should be performed in a pain free range of motion.

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Wrist and fingers straight.

Make a fist.

Repeat   10   times.

This can be done gently throughout the day.

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3-5x a day



Support your elbow on a table with your wrist straight and your fingers pointing towards the ceiling.

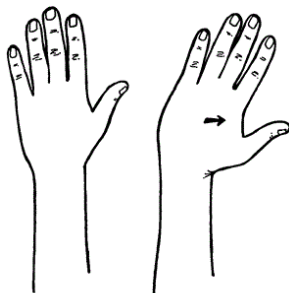
Make a fist (thumb over fingers). Straighten your fingers and bring them apart.

Repeat   10   times.

This can be done gently throughout the day.

©Physiotoools

3-5x a day



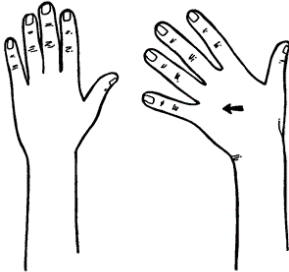
1. Lay            hand flat on table as shown
2. Turn hand inward toward thumb as far as you can
3. Hold   5   seconds
4.   10   repetitions,   3-5   times per day

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1. Lay \_\_\_\_\_ hand flat on table as shown
2. Turn hand outward toward little finger as far as you can
3. Hold \_\_\_\_\_ 5 \_\_\_\_\_ seconds
4. \_\_\_\_\_ 10 \_\_\_\_\_ repetitions, \_\_\_\_\_ 3-5 \_\_\_\_\_ times per day

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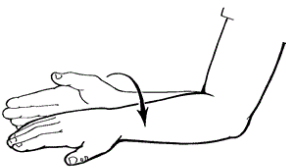
1. Bend \_\_\_\_\_ wrist as shown
2. Hold \_\_\_\_\_ 5 \_\_\_\_\_ seconds
3. \_\_\_\_\_ 10 \_\_\_\_\_ repetitions, \_\_\_\_\_ 3-5 \_\_\_\_\_ times per day

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1. Bend \_\_\_\_\_ wrist as shown
2. Hold \_\_\_\_\_ 5 \_\_\_\_\_ seconds
3. \_\_\_\_\_ 10 \_\_\_\_\_ repetitions, \_\_\_\_\_ 3-5 \_\_\_\_\_ times per day

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1. Begin with thumb facing up
2. Turn palm of hand downward then turn so palm is up.
3. Hold \_\_\_\_\_ 3 \_\_\_\_\_ seconds
4. \_\_\_\_\_ 10 \_\_\_\_\_ repetitions, \_\_\_\_\_ 3-4 \_\_\_\_\_ times per day

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Stand. Grasp the wrist of the arm you want to exercise.

Bend your elbow and assist the movement with your other hand. Try to straighten your elbow fully.

Repeat   10   times.

3-5x a day

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Ice after exercises for 15-20 minutes or as needed for pain.

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