

WRIST FRACTURE (Radius and Ulna)



■ ■ ■ Description

Radius and ulna wrist fracture is a broken bone (fracture) at the wrist involving one or both bones of the forearm, the ulna (the knobby bone on the side of the little finger) or the radius (the larger bone on the thumb side). This may be a complete or incomplete break. The break may involve the joint between the radius and ulna or involve the joint between the radius or ulna and the carpal bones of the hand.

■ ■ ■ Common Signs and Symptoms

- Severe wrist pain at the time of injury
- Tenderness, swelling, and later bruising of the wrist
- Visible deformity if the fracture is complete and bone fragments separate (displaced) enough to distort normal body contours
- Numbness, coldness, or paralysis in the wrist or hand from pressure on the blood vessels or nerves

■ ■ ■ Causes

- Indirect stress due to falling on an outstretched hand
- Direct blow, twisting injury, or force to the wrist

■ ■ ■ Risk Increases With

- Contact sports, such as football and rugby
- Sports in which falling is possible, such as basketball and roller hockey
- Children younger than 10 years of age, adults older than 60
- History of bone or joint disease or previous immobilization
- Previous wrist fracture
- Poor physical conditioning (strength and flexibility)

■ ■ ■ Preventive Measures

- Appropriately warm up and stretch before practice or competition.
- Maintain appropriate conditioning:
 - Cardiovascular fitness
 - Wrist and forearm muscle strength
 - Endurance and flexibility
- Wear proper protective equipment (such as wrist pads for football and roller hockey) and ensure correct fit.

■ ■ ■ Expected Outcome

With appropriate treatment and normal alignment of the bones, healing can be expected. Surgery may be necessary to realign fractures that are displaced. Average healing time is 6 to 8 weeks in adults and 4 to 6 weeks in children.

■ ■ ■ Possible Complications

- Nonunion (fracture does not heal)
- Malunion (heals in a bad position)

- Chronic pain, stiffness, loss of motion, or swelling of the wrist
- Excessive bleeding in the wrist or at the fracture site, causing pressure and injury to nerves and blood vessels (uncommon)
- Risk of bone death due to interrupted blood supply associated with the fracture
- Unstable or arthritic joint following repeated injury, malalignment of the joint surface, or delayed treatment
- Arrest of normal bone growth in children
- Atrophy, weakness, stiffness, numbness, and poor control of the hand due to injury to blood vessels, nerves, cartilage, muscle, and ligaments

■ ■ ■ General Treatment Considerations

If the bones are in appropriate alignment (position), the initial treatment consists of ice and elevation of the injured wrist at or above heart level to reduce swelling. Medications are prescribed to help relieve pain. Immobilization by splinting, casting, or bracing for 6 or more weeks is recommended to protect the bones while they heal. A sling may afford comfort while in the cast or splint. Severe fractures, fractures that are displaced (not in appropriate alignment), or fractures that do not provide a smooth wrist joint may require surgery to restore and maintain the joint in its normal position. Surgery usually includes repositioning the bones and holding the position with external fixation frame, plates, screws, or pins.

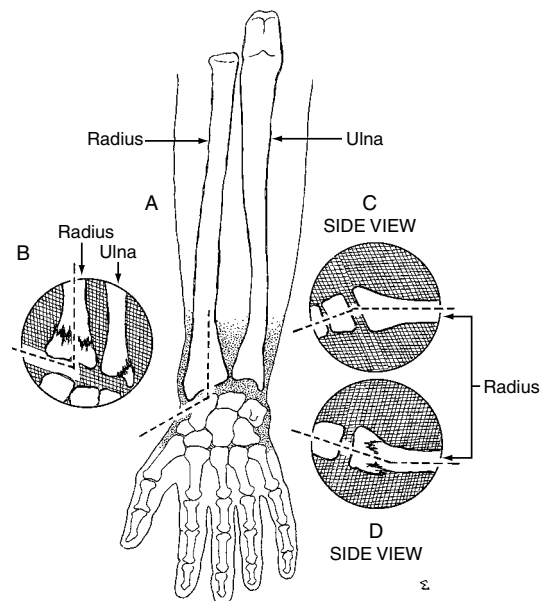


Figure 1

From Economou SG, Economou TS: *Instructions for Surgery Patients*. Philadelphia, WB Saunders, 1998, p. 165.

After immobilization (with or without surgery), stretching and strengthening of the injured and weakened joint and surrounding muscles (due to the injury and the immobilization) are necessary. These are usually done with the assistance of a physical therapist or athletic trainer.

■ ■ ■ Medication

- Nonsteroidal anti-inflammatory medications, such as aspirin and ibuprofen (do not take within 7 days before surgery), or other minor pain relievers, such as acetaminophen, are often recommended. Take these as directed by your physician. Contact your physician immediately if any bleeding, stomach upset, or signs of an allergic reaction occur.
- Strong pain relievers may be prescribed as necessary. Use only as directed and only as much as you need.

■ ■ ■ Cold Therapy

Cold is used to relieve pain and reduce inflammation. Cold should be applied for 10 to 15 minutes every 2 to 3 hours for inflammation and pain and immediately after any activity that aggravates your symptoms. Use ice packs or an ice massage.

■ ■ ■ Notify Our Office If

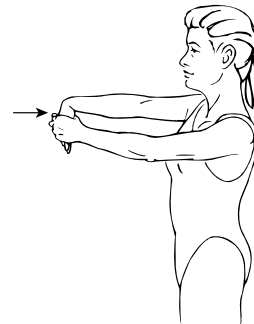
- Pain, tenderness, or swelling worsens despite treatment
- You experience pain, numbness, or coldness in the hand
- Blue, gray, or dusky color appears in the fingernails
- Any of the following occur after surgery: fever, increased pain, swelling, redness, drainage, or bleeding in the surgical area
- New, unexplained symptoms develop (drugs used in treatment may produce side effects)

EXERCISES

> RANGE OF MOTION AND STRETCHING EXERCISES • Wrist Fracture (Radius and Ulna)

These are some of the *initial* exercises you may start your rehabilitation program with until you see your physician, physical therapist, or athletic trainer again or until your symptoms are resolved. Please remember:

- Flexible tissue is more tolerant of the stresses placed on it during activities.
- Each stretch should be held for 20 to 30 seconds.
- A *gentle* stretching sensation should be felt.



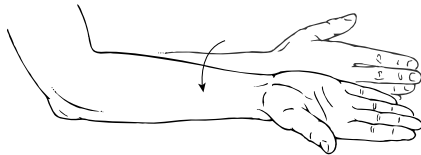
RANGE OF MOTION • Wrist Flexion

1. Hold your _____ wrist as shown with the fingers pointing down toward the floor.
2. Pull down on the wrist until you feel a stretch.
3. Hold this position for _____ seconds. Repeat exercise _____ times, _____ times per day.
4. This exercise should be done with the elbow *bent to 90 degrees / straight*. (Physician, physical therapist, or athletic trainer should circle one of these.)



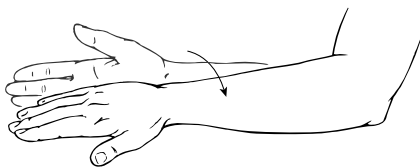
RANGE OF MOTION • Wrist Extension

1. Hold your _____ wrist as shown with the fingers pointing away from the floor.
2. Pull up on the wrist until you feel a stretch.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.
5. This exercise should be done with the elbow ***bent to 90 degrees / straight***. (Physician, physical therapist, or athletic trainer should circle one of these.)



RANGE OF MOTION • Supination

1. Stand or sit with your elbow bent to 90 degrees.
2. Turn your palm upward as far as possible.
3. Hold this position for _____ seconds and then ***slowly*** return to the starting position.
4. Repeat exercise _____ times, _____ times per day.



RANGE OF MOTION • Pronation

1. Stand or sit with your elbow bent to 90 degrees.
2. Turn your palm down toward the floor as far as possible.
3. Hold this position for _____ seconds and then ***slowly*** return to the starting position.
4. Repeat exercise _____ times, _____ times per day.



RANGE OF MOTION • Wrist Flexion

1. Place the back of your _____ hand flat on the top of a table as shown. Your shoulder should be turned in and your fingers facing away from your body.
2. Press down, bending your wrist and straightening your elbow until you feel a stretch.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.



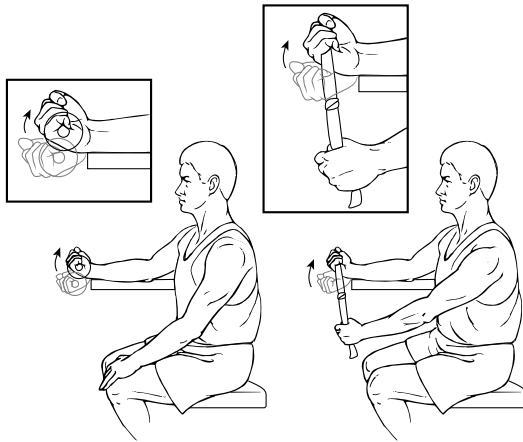
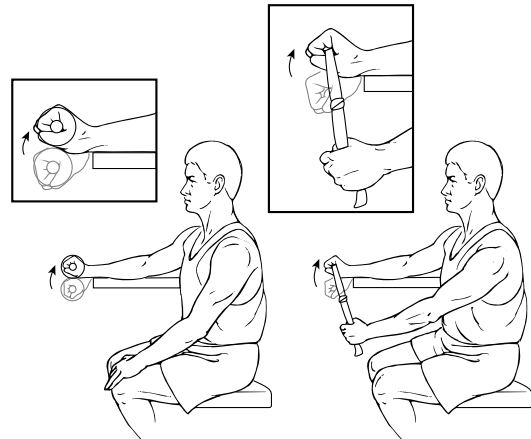
RANGE OF MOTION • Wrist Extension

1. Place the palm of your _____ hand flat on the top of a table as shown. Your fingers should be pointing backward.
2. Press down, bending your wrist and straightening your elbow until you feel a stretch.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.

> STRENGTHENING EXERCISES • Wrist Fracture (Radius and Ulna)

These are some of the *initial* exercises you may start your rehabilitation program with until you see your physician, physical therapist, or athletic trainer again or until your symptoms are resolved. Please remember:

- Strong muscles with good endurance tolerate stress better.
- Do the exercises as *initially* prescribed by your physician, physical therapist, or athletic trainer. Progress slowly with each exercise, gradually increasing the number of repetitions and weight used under their guidance.

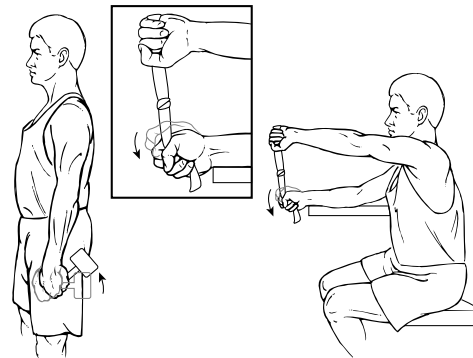


STRENGTH • Wrist Flexors

1. Sit or stand with your forearm supported as shown.
2. Using a _____ pound weight or a piece of rubber band/ tubing, bend your wrist slowly upward toward you.
3. Hold this position for _____ seconds and then *slowly* lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.

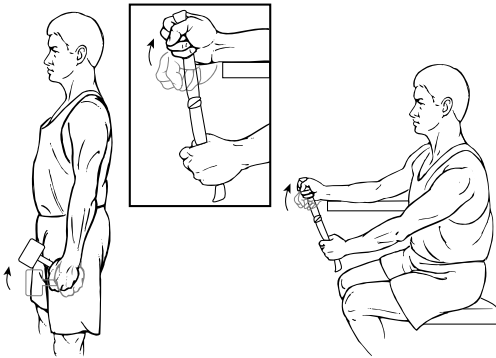
STRENGTH • Wrist Extensors

1. Sit or stand with your forearm supported as shown.
2. Using a _____ pound weight or a piece of rubber band/ tubing, bend your wrist slowly upward toward you.
3. Hold this position for _____ seconds and then *slowly* lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.



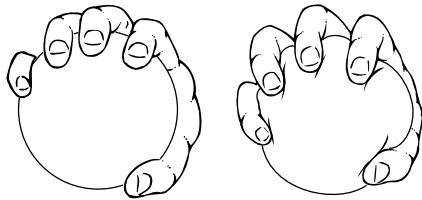
STRENGTH • Wrist, Ulnar Deviation

1. Stand with a _____ oz. hammer in your hand as shown, or sit holding on to the rubber band/ tubing with your arm supported as shown.
2. Raise your hand upward behind you or pull down on the rubber tubing.
3. Hold this position for _____ seconds and then *slowly* lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.



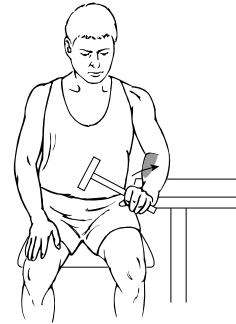
STRENGTH • Wrist, Radial Deviation

1. Stand with a _____ oz. hammer in your hand as shown, or sit holding on to the rubber band/tubing with your arm supported as shown.
2. Raise your hand upward in front of you or pull up on the rubber tubing.
3. Hold this position for _____ seconds and then *slowly* lower the wrist back to the starting position.
4. Repeat exercise _____ times, _____ times per day.



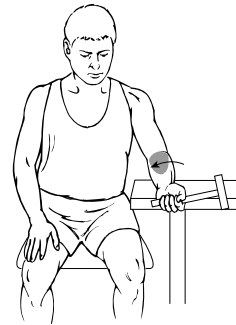
STRENGTH • Grip

1. Hold a wad of putty, soft modeling clay, a large sponge, a soft rubber ball, or a soft tennis ball in your hand as shown.
2. Squeeze as hard as you can.
3. Hold this position for _____ seconds.
4. Repeat exercise _____ times, _____ times per day.



STRENGTH • Supination

1. Sit with your forearm supported on a table and the hand over the edge and your palm facing the floor.
2. Hold a _____ oz. hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a “thumbs-up” position.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.



STRENGTH • Pronation

1. Sit with your forearm supported on a table and the hand over the edge and your palm facing up toward the ceiling.
2. Hold a _____ oz. hammer or a stick with a weight on the end in your hand as shown.
3. Turn your palm and hand toward you to a “thumbs-up” position.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.

Notes:

(Up to 4400 characters only)

Notes and suggestions