

## **Distal Radius Wrist Fracture Surgery Home Program Phase 2 Exercises**

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You will start these exercises 5-7 days after surgery, at your first hand therapy visit. Do the wrist/forearm/thumb exercises 3x/day out of your splint. The finger exercises can be done in the splint, every 2 hours.

### **1 – WRIST EXTENSION / FLEXION: REPETITION: 10 / FREQUENCY: 3X / DAY**

- Begin with the elbow of your injured wrist resting on the table.
- Move your wrist forward so your wrist flexes down and fingers naturally open/straighten, and hold.
- Then, move your wrist backwards so your fingers to fall into a loose fist.



### **2 – WRIST SIDE TO SIDE MOTION: REPETITION: 10 / FREQUENCY: 3X / DAY**

- Put your palm flat on the table.
- Use the opposite hand to stabilize your forearm just above your wrist.
- Move your wrist as much as you can from side to side, leaving your palm flat on the table at all times.



### 3 - FOREARM ROTATION: REPETITION: 10 / FREQUENCY: 3X / DAY

- Sit up straight in a chair with your elbow bent 90 degrees, in a handshake position.
- Turn your forearm palm up, hold 10 seconds, and then palm down, hold 10 seconds.



### 4 - TENDON GLIDING COMBO: REPETITION: 10 / FREQUENCY: 6X / DAY

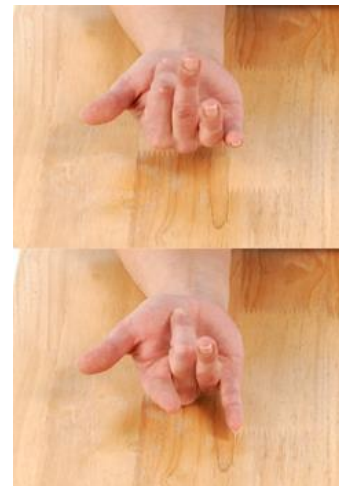
Start with your fingers and wrist straight. Without moving your wrist, do the following movements:

1. Flex the tips of your fingers into a claw position.
2. Curl your fingers into a fist (without the thumb).
3. Flex your fingers as if waving, keeping the fingers straight.
4. Flex the fingers down, reaching to the base of the palm
5. Straighten fingers to starting position.



### 5 - SINGLE FINGER BENDS: REPETITION: 10 / FREQUENCY: 6X / DAY

- With your arm up in the air, bend each of finger, one at a time, to the base of the palm and then straighten.



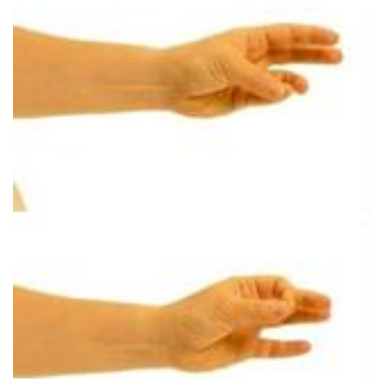
## 6 – THUMB CIRCLES: REPETITION: 10 / FREQUENCY: 3X / DAY

- Rotate thumb in circles, both directions, without moving the wrist.
- Make as wide a circle as possible, slowly.



## 7- THUMB TO FINGERTIPS: REPETITION: 10 / FREQUENCY: 3X / DAY

- Touch the thumb to the tip of each finger. When you get to the little finger, move the thumb down the little finger, towards the palm.



## 1 – 7 EXERCISE SUMMARY:



### **Exercise 1: Wrist extension and flexion**

Repetition: 10 / Frequency: 3x / day



### **Exercise 2: Wrist side to side motion**

Repetition: 10 / Frequency: 3x / day



### **Exercise 3: Forearm rotation**

Repetition: 10 / Frequency: 3x / day



**Exercise 4: Tendon Gliding Combo**

Repetition: 10 / Frequency: 6x / day



**Exercise 5: Single finger bends**

Repetition: 10 / Frequency: 6x / day



**Exercise 6: Thumb Circles**

Repetition: 10 / Frequency: 3x / day



**Exercise 7: Thumb to fingertips**

Repetition: 10 / Frequency: 3x / day