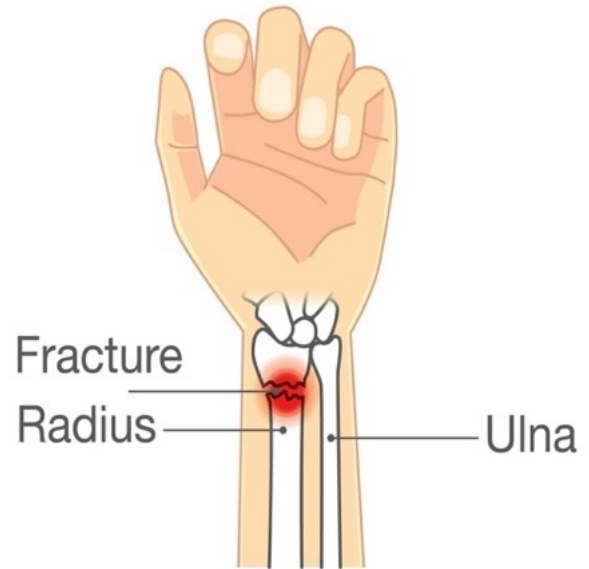


DISTAL RADIUS FRACTURE

Symptoms

- Immediate sharp wrist pain after the accident occurs.
- Swelling, bruising, and tenderness at the wrist area.
- The wrist may have a deformed or abnormal appearance.



Anatomy/Cause

Distal Radius fractures are one of the most common fractures that occur in the upper limb and may be generally referred to as a 'fractured or broken wrist'. The Radius is the larger of the two long bones of the forearm. It runs from the thumb side of the wrist up to the elbow.

These fractures are commonly caused by a fall onto an outstretched hand and can vary in severity, ranging from a minor crack or break, to a displaced fracture.

Treatment

At Hand Works we can assess your fracture and determine the best treatment and therapy going forward. Your therapist may:

- Provide a custom-made waterproof wrist splint to immobilise or support the wrist for the bone to heal – typically worn full time for 6 weeks.
- Advise you on gentle movements of your fingers to prevent joint stiffness and to assist in addressing any swelling.
- When appropriate, commence gentle strengthening exercises and stretches to increase wrist range of movement and regain function.

Many distal Radius fractures can be treated conservatively, however if surgical input is required, your therapist will be able to escalate and guide you through that process accordingly.

Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit