

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

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Livewell Southwest



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Wrist & Hand Injury Exercise Information & Advice



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

This information leaflet is designed to supplement the information the Practitioner has already given you about your injured wrist.

Soft tissue injuries to the wrist and hand are common after a fall, twist or direct blow.

The Practitioner will have completed a thorough assessment and examination and diagnosed a soft tissue injury. In order to prevent any further complications it is important to follow the instructions below at home.

Treatment

You may have been prescribed a support bandage for your wrist or hand if you have a lot of swelling but do not worry if you don't.

If you have a bandage please remove at night / bedtime and replace in the morning.

Self help measures

Your wrist and hand may swell for some time. You may or may not have been given a sling to wear during the day. To help prevent swelling at home it is important to elevate your arm for the first few days. When resting sit your arm / hand on a pillow which has been placed on the arm of a chair / sofa.

Take regular simple painkillers such as Paracetamol or Ibuprofen. If simple painkillers do not manage your pain please discuss pain management with your local Community Pharmacist or GP.

It is important to begin to use your wrist or hand as soon as you are able. This may be painful or slow to start with.

Exercise as pain allows and DO NOT continue if too painful, and remember to take your painkillers.

The following exercises will help get your wrist and hand back to normal use again.

Complete 10 of each exercise and as they become easier and less painful build up to completing four times a day.

1. Sitting down, support your wrist, hand with your other hand:
 - Bend wrist up and down from the wrist
 - Make a fist and bend the hand up and down from the wrist
 - Move hand from side to side with relaxed fingers
2. With forearm on a table and elbow bent in to your side:
 - Turn palm upwards and then downwards toward the table
 - Make a fist then stretch fingers out straight
3. Sit at a table and place forearms on the table:
 - Gently place your palms together, keeping your forearms resting on the table
 - Push palms together for 5 seconds and then relax
4. Sit at a table and place your hand on the table:
 - Place hand flat on the table
 - Spread your fingers then bring together 5 times

Please return to the MIU or Emergency Department if you suffer any of the following symptoms:

- Increased pain in wrist
- Any numbness to hand or fingers
- Any change in colour to your fingers
- Increased swelling to your fingers
- No improvement with the advice and management given by the Practitioner within 3 - 5 days seek medical advice or return to the Minor Injuries Unit