Once referred to occupational therapy, a custom made splint will be fabricated.

You will be provided with exercises by your occupational therapist:
1.

Bending the knuckles, keep the fingers straight

hold this for _____ seconds
Repeat x ______ times.

2.

Keeping the knuckles straight, bend the fingers into a “hook”

hold this for _____ seconds
Repeat x ______ times.

3.

From this “hook” position, roll the knuckles down to achieve a fist

hold this for _____ seconds
Repeat x ______ times.
You will be reviewed as required up to 6 weeks depending on progress

At approximately 4 to 6 weeks you may be provided with a pre-fabricated wrist support

You will be provided with exercises specific to your level of function and will be advised on light functional tasks, and gentle strengthening exercises

---

**Wrist Exercises**

**Active:**

Hold for ____seconds. Repeat x _____ times

**Passive:**

Apply gentle over pressure with the other hand to gently stretch the wrist into flexion and extension

---

Ht.PII.16 Distal Radius Fractures Last Revised May 2014
Hold for _____ seconds. Repeat x _____ times

UPMC Beacon Hospital

Pronation and Supination of the forearm

Keeping the elbow tucked in, turn the forearm so the palm is facing upwards

hold for _____ seconds. Repeat _____ times

Keeping the elbow tucked in, turn the forearm so the palm is facing down

hold for _____ seconds. Repeat _____ times
Apply gentle over pressure with the other hand to assist turning the forearm
hold for _____ seconds. Repeat _____ times

Thumb exercises

1. Hold for _____ secs
   Repeat _____ times

2. Hold for _____ secs
   Repeat _____ times

5. Hold for _____ secs

6. Hold for _____ secs

7. Hold for _____ secs
Repeat _____ times  Repeat _____ times  Repeat _____ times

8. Hold for_____ secs
Repeat _____ times

9. Hold for_____ secs
Repeat _____ times