

Distal Radius Fracture

Tendon Gliding Exercises



1. Straight



2. Salute



3. Hook



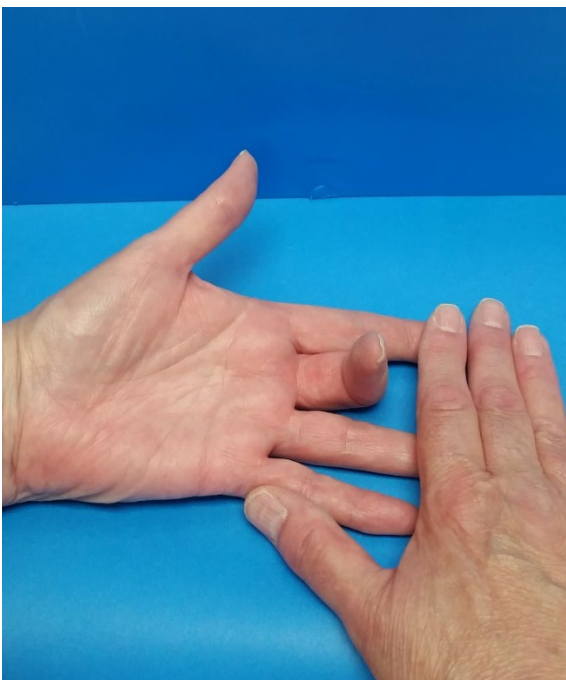
4. Fist



5. Straight Fist

Always return to straight after each exercise

Repeat 8 – 10 times, 3 – 4 times per day.



6. FDS Gliding

Hold fingers as shown. Bend the involved finger at the middle joint (PIP joint), hold for 5 seconds, and then straighten the finger.

Repeat 8 – 10 times, 3 – 4 times per day.

UPSWING HEALTH

Note: These exercises are to be performed only after confirmed healing and with physician approval.

Wrist & Forearm Active ROM Exercises



1. Wrist Flexion & Extension

With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and then relax hand down with fingers open. Repeat 8 – 10 times, 3 – 4 times per day.



2. Wrist Ulnar and Radial Deviation

With hand flat on table, slide hand side. Repeat 8 – 10 times, 3 – 4 times per day.



3. Forearm Supination and Pronation

Keeping elbow bent and close to your side, to side, rotate your hand to turn palm up, and then palm down. It is helpful to use a light hammer or light weighted dowel to perform this exercise. Repeat 8 – 10 times, 3 – 4 times per day.

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Passive Wrist Stretches



Use uninvolved hand to gently bend involved wrist downward. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.



Use uninvolved hand to gently bend involved wrist towards the ceiling. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.

Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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Place both hands together in a 'meditation-like' position. If you are having a hard time keeping the base of the palms connected, place a card or thin object between both palms and attempt to hold together. Slowly start to increase wrist flexion (wrist bending) by lowering both wrists while maintaining the palms together. The fingers and thumbs should be resting against each other. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.



Place both hands together in a 'reverse meditation-like' position. If this is difficult, try to keep the back of the palms connected by placing a soft sponge or like object between the back of both wrists and hold together. Slowly start to increase wrist bending by raising both wrists while maintaining the back of the wrists together. The fingers and thumbs should be relaxed. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.

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Place both hands on a flat surface with elbows gently extended. Slowly bring body weight over wrists. Start to increase wrist bending by moving body weight over the wrist – into a gentle stretch. The fingers and thumbs should be flat and lightly separated. Hold a comfortable stretch about 15 seconds. Repeat 8–10 times, 3–4 times per day.

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Putty Exercises



1. Grip

Squeeze putty with all fingers, into your fist.



2. Tip Pinch

Squeeze putty between your index finger and thumb.



3. Three Jaw Pinch

Squeeze putty between your index, middle, and thumb.



4. Lateral Pinch ("Turning a Key")

Squeeze putty between your thumb and the side of your index.

Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

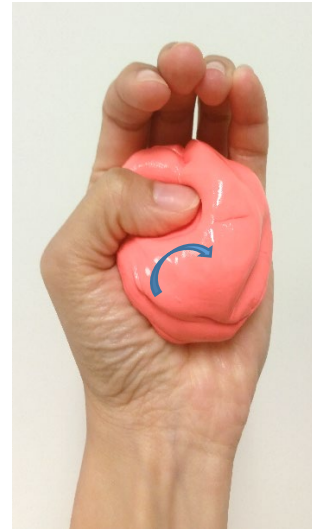
If the putty gets soft, keep in in the refrigerator.

UPSWING HEALTH



5. Composite Flexion

Hold putty in palm with your thumb. Press thumb into putty, aiming for your palm.



6. Thumb and Finger Extension

Place putty loop around tips of fingers and thumb.
Stretch loop by extending fingers and thumb.



7. Finger Abduction

Place putty loop around fingers.
Stretch loop by separating fingers.

Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

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UPSWING HEALTH



8. Finger Adduction

Press putty between fingers.

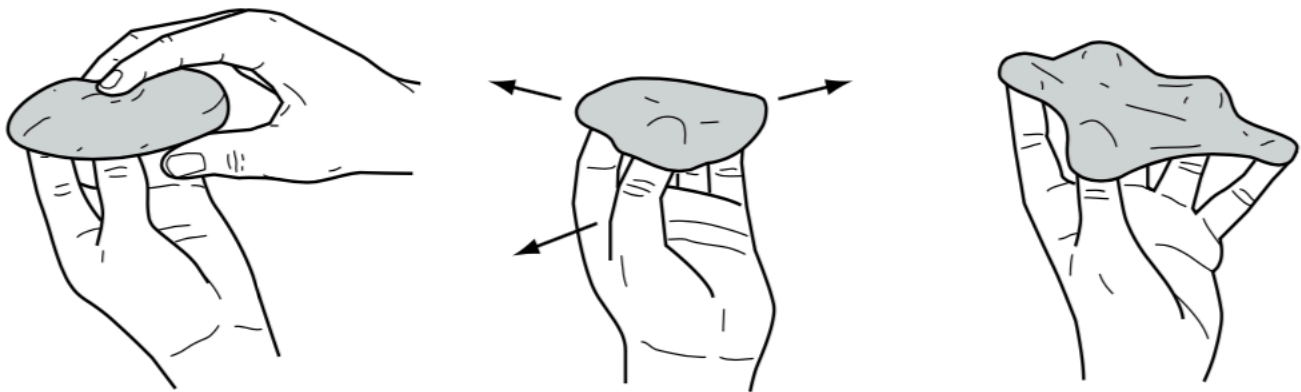


9. Thumb Extension

Straighten thumb inside putty loop anchored by fingers.

10. Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.



Repeat all exercises 6 – 8 times each, a minimum of 3 times per day.

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