Keep moving…………...

Follow the exercises on-line at
www.crpsforumcork.com

Every waking hour:

⇒ **Raise your hand above your head**, make a full fist and straighten fingers as shown in photos

⇒ Make a circular motion with your thumb

⇒ Try and touch your thumb to all your fingers

⇒ Remember at rest (e.g. watching TV) try and keep your hand above heart level as much as possible

Keep using…………...

Include your hand in light activities:

Brushing hair

Eating

Doing-up buttons & zips

⇒ When dressing put your injured arm into sleeve first

⇒ when undressing take injured arm out last

⇒ Try not to ignore your injured hand; using the hand will prevent muscle weakness

Stop smoking

Smoking delays bone healing and can increase the risk of infection.

Control your pain

⇒ It is important to manage your pain to allow you to exercise and sleep.

⇒ You can get advice on pain control from your doctor or pharmacist

Maintain a healthy diet

⇒ Increase your intake of Vitamin C in your diet

⇒ e.g. eat 5 pieces of fruit or veg a day

⇒ Recommended dose—500mg daily

If the following occurs...

⇒ Pain increases

⇒ Fingers swell-up

⇒ You can't do your exercises

⇒ The cast feels too tight/ very uncomfortable

⇒ Persistent pins & needles

⇒ You can't use your hand in light activities

Contact the hospital where your cast was applied.

You will be in a back-slab or cast for 4-6 weeks

Useful numbers

MUCC (St Mary's Healthcare Campus, Gurranabraher): 08.00-18.00
021 4926900

Mallow General Hospital: Minor Injury Unit
08.00-19.00
022 58506

Bantry General Hospital:
027 50133

Cork University Hospital (CUH): Emergency Department Triage
021 4922000

Plaster Technician in CUH: 08.00-17.00
021 4546400 / ext 22445

Mercy University Hospital:
021 4271971 / ext 5155

Useful websites

CRPS Forum
www.crpsforumcork.com

Emergency Medicine Cork
www.EMed.ie

MyOrthoClinic.com
www.myorthoclinic.com

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CUH
Ospidéal Ollscoile Chorcaí
Cork University Hospital

Patient Information

Looking after your fractured wrist

CRPS
Complex Regional Pain Syndrome

HSE
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive