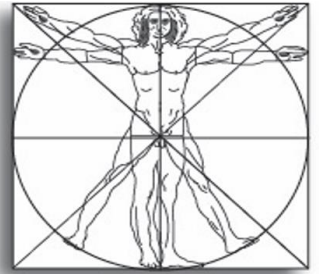


SOUTHPORT PHYSIOTHERAPY CENTRE



Winter 2023

Wrist fractures

Distal Radius/Colles fractures

One of the most common fractures is wrist fracture (can account for about 20% of adult fractures) and often results from a fall on an outstretched hand.

If injury happens to your dominant hand, it can have a significant impact on your daily activities.

Typically, management involves cast or splint immobilisation to allow the bone to heal.

Once the fracture has healed sufficiently then treatment can begin. Your physio can give a variety of treatment options ranging from advice and management of pain and swelling control, to mobilising the joint and providing exercises to improve movement and strength.

Research has shown that having physiotherapy to 'mobilise with movement of the wrist into extension and supination' (twisting), as well as specific self-administered wrist mobilisation exercises can accelerate recovery.

Emphasis should be placed on pain management with movement performed in a painfree manner.



Steven Gordon
B.Phty (UQ), BHMS

“If we were meant to stay in one place, we’d have roots instead of feet...” -Rachel Wolchin

**SOUTHPORT
PHYSIOTHERAPY
CENTRE**

3E/34 High Street
Southport
QLD 4215

P: (07) 5591 4333

southportphysio.com.au