

What is my diagnosis?

You have fractured (broken) your wrist bone. The type of injury you have suffered is very common – hundreds of people have this injury each year in Lothian. Almost all these injuries heal fully without the need for any intervention or surgery. You should have been provided with a wrist splint.

What happens next?

- Your X-rays and notes will be checked by a Consultant Orthopaedic Surgeon

If nothing further is needed, we will not contact you

- If any other treatment or assessment is needed we will contact you by telephone or post
- Please ensure the Emergency Department/Minor Injury Unit reception staff have your mobile and phone home numbers.
- Occasionally you will receive a telephone consultation or fracture clinic appointment

What can I expect during my recovery?

- The injury will heal over the course of **6 weeks** but may have some aching for up to **3 months**
- Move your fingers as much as possible – you should be able to **make a fist within 2 weeks**
- The splint provides comfort but doesn't need to hold the bones tightly together
- The splint can be removed when washing and can be taken off to allow gentle movements
- Most patients wear the splint for **four to six weeks** and stop wearing it altogether once the pain improves.
- Regaining a full range of movement as soon as possible will speed up your recovery
- Perform the exercises on the next page
- Most people return to desk work by **2 weeks**, but manual work may not be possible for **6 to 8 weeks** depending on your symptoms
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your vehicle normally and safely.



Patient Information Sheet – 2R3

Simple Wrist Fracture

What do I need to know?

Key exercises (three times a day)



Finger movements

- Bend your knuckles fully then tuck in your fingers before making a full fist



Wrist movements

- When the pain has settled, remove the splint and start to bend and straighten your wrist

What if I have a problem?

Very occasionally some patients have difficulties with ongoing pain or stiffness. If you have any issues beyond **three months** after injury please contact us on the details below.

Get in touch

Please get in touch via our trauma email if you have any queries about your injury:

traumaenquiriesRIE@nhslothian.scot.nhs.uk

Helpline Monday-Friday (8am – 4pm): 0131 242 3410

Urgent issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am – midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 537 3468 (9am – 8.30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)

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