

# FOOSH Injury

## Wrist Fracture

Written By: Alec St Pierre PT

[info@summitpt.ca](mailto:info@summitpt.ca), 705-988-0945, Cedar Point Plaza - 1984 Regent St. Unit 115

A FOOSH (Fall on Outstretched Arm) injury is a common mechanism for an upper extremity injury. When you land on your arm, the forces from the fall can lead to injuries such as bone fractures, joint sprains and muscle strains/tears. It is important to follow recommendations from your physician to recover from your injury. You may also benefit from a short period of rehabilitation to fully recover and return to your normal daily activities without limitations.

### Home Exercises

- *Wrist Alphabets*: move your hand in a pattern drawing the shapes of the letters A-Z. Do this multiple times per day.
- *Grip Strength*: grab a sponge or small towel, gently squeeze the towel in your hand. Hold for 3 seconds and relax. Repeat 10 reps and do multiple sets per day

For more information, visit [www.summitpt.ca](http://www.summitpt.ca)



### Tips From A Physiotherapist

- After you come out of your cast, it is important to move your wrist within pain free available range of motion.
- You will notice that your wrist is very weak after being in a cast, a progressive wrist strengthening program can be helpful to regain your full strength and function.
- Some pain in your wrist initially after coming out of your cast is normal.
- If you notice high levels of pain, forearm/hand swelling with shiny skin, or changes to forearm hair, report this to your doctor.