

# Occupational Therapy Toolkit

## Wrist Fracture

### **Functional Limitations:**

ADL, IADL, work and leisure impairment  
Impaired strength  
Limited ROM  
Pain  
Edema  
Weight bearing restrictions  
Fall risk  
Environmental barriers

### **Occupational Therapy Intervention:**

ADL, IADL, work and leisure training with one-handed techniques and adaptive equipment

Provide UE activities and exercises

#### While in cast

Exercises and activities for uninvolved joints to prevent loss of ROM and strength

#### Once cast is removed

Provide progressive wrist and hand activities and exercises once to improve ROM and strength

Provide wrist splint once cast is removed

Teach edema control techniques

Instruct in pain management techniques

Teach stress management and relaxation techniques

Coordinate medication peak with exercise and activity

Educate in use of superficial heat and cold

Assess home safety and functional safety and provide environmental modifications and adaptations

Educate regarding falls risk and prevention strategies

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## Wrist Fracture

### **Patient Education:**

1. Edema Control Techniques
2. Superficial Heat
3. Superficial Cold
4. Home Exercise Program Face Sheet
5. Forearm & Wrist Active ROM Exercises
6. Forearm & Wrist Strengthening Exercises
7. Forearm & Wrist Stretching Exercises
8. Hand Strengthening Exercises
9. Fine Motor Activities
10. Stress Management and Relaxation Techniques
11. Falls Risks Assessment and Prevention Strategies
12. Home Safety and Functional Safety Assessment