3. Hand exercises

Holding a squeezy ball, clench your fist and hold for five seconds. Repeat 20 times.

Bend your wrist upwards as far as is comfortable, and hold for five seconds. Repeat 10 times.

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A list of sources is available on request
Anatomy of the shoulder joint
The shoulder is a ball and socket joint formed by the arm bone (humerus) and the shoulder blade (scapula).

How is a fracture treated?
Treatment depends on the amount of disruption there is to the bone.

If there are many fragments or it causes joint instability, surgery may be performed to nail/plate the bones together, often followed by a period in a sling.

If the break is small or well-aligned, surgery may not be required. A sling may still be required for a period of time.

Pain
Fractures can be very painful. Your doctor will prescribe you painkillers and taking these regularly, as advised, will help you to manage the pain. If your pain becomes severe or constant you should consult your GP.

Swelling
You may notice swelling in your arm, wrist or hand. Keeping your forearm elevated when at rest, if advised, will keep the swelling down.

Ice is commonly used to reduce swelling. Use frozen peas or ice cubes wrapped in a damp tea towel, for up 10 to 15 minutes, two to three times a day.

Stiffness
Regular movement of your arm will help limit any stiffness in your elbow, wrist or hand, and will speed up your recovery.

Weakness
Due to muscle inactivity as your fracture heals, the hand and wrist may feel weak. You must not carry or lift loads unless told by a health professional that it is safe to do so. Once the fracture is healed you can gradually start to increase the loads again, and exercises will be prescribed where appropriate.

Suggested exercises
The following exercises can be done up to four times a day as pain allows. Stop if your pain gets worse.

1. Pendulum exercises
Bend from your waist and gently hang your arm in front of you. Rest your other hand on a table or chair for support and balance.

2. Elbow exercises
Bend and straighten your elbow as far as you can. Repeat 10 times.

Gently swing your arm backwards and forwards, along the side of your body. Repeat 10 times.

Gently swing your arm from side to side, across the front of your body. Repeat 10 times.

Turn your forearm up and down as far as you can, keeping the elbow and upper arm still. Repeat 10 times.

Gently swing your arm in a large circle. Repeat 10 times in each direction. Gradually try to make larger circles.
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