



## Supplementary Material

10.1302/2633-1462.39.BJO-2022-0077.R1

**Table i. Search strategy: Embase (1974 to 12 November 2021).**

ID	Search	Hits
1	exp distal radius fracture/	3,134
2	exp wrist injury/	13,429
3	((wrist or radius) adj3 fracture*).ti,ab,kw.	8,189
4	(minimally-displaced or minimal-displacement or non-displaced or un-displaced).ti,ab,kw.	1,602
5	3 and 4	80
6	1 or 2 or 5	13,471
7	exp self care/	90,361
8	self-care.ti,ab,kw.	29,828
9	self-management.ti,ab,kw.	32,049
10	direct discharge.ti,ab,kw.	376
11	7 or 8 or 9 or 10	106,769
12	6 and 11	31

ab, abstract; kw, keyword; ti, title.

**Table ii. Search strategy: Ovid MEDLINE(R) and Epub Ahead of Print, In-Process, In-Data-Review & Other Non-Indexed Citations and Daily (1946 to 9 November 2021).**

ID	Search	Hits
1	exp Radius Fractures/	10,328
2	((wrist or radius) adj3 fracture*).ti,ab,kw.	6,793
3	(minimally-displaced or minimal-displacement or non-displaced or un-displaced).ti,ab,kw.	1,347
4	2 and 3	67
5	1 or 4	10,357
6	exp Self Care/	58,412
7	exp Self-Management/	3,918
8	self-care.ti,ab,kw.	21,119
9	self-management.ti,ab,kw.	22,438
10	direct discharge.ti,ab,kw.	280
11	6 or 7 or 8 or 9 or 10	84,845
12	5 and 11	13

**Table iii. Search strategy: CINAHL Plus with Full Text.**

#	Query	Results
S12	S5 AND S11	7
S11	S6 OR S7 OR S8 OR S9 OR S10	69,527
S10	TI "direct discharge" OR AB "direct discharge"	44
S9	TI self-management OR AB self-management	15,625
S8	TI self-care OR AB self-care	17,818
S7	(MH "Self-Management")	1,667
S6	(MH "Self Care+")	55,970
S5	S1 OR S4	2,757
S4	S2 AND S3	22
S3	TI ( (minimally-displaced or minimal-displacement or non-displaced or un-displaced) ) OR AB ( (minimally-displaced or minimal-displacement or non-displaced or un-displaced) )	410
S2	TI ( ((wrist or radius) N3 fracture*) ) OR AB ( ((wrist or radius) N3 fracture*) )	2,430
S1	(MH "Radius Fractures")	2,750

**Table iv. Search strategy: Allied and Complementary Medicine Database (AMED) (1985 to November 2021).**

ID	Search	Hits
1	exp Radius fractures/	95
2	((wrist or radius) adj3 fracture*).ti,ab.	154
3	1 or 2	193
4	exp Self care/	2,116
5	self-care.ti,ab.	1,192
6	self management.ti,ab.	808
7	direct discharge.ti,ab.	2
8	4 or 5 or 6 or 7	3,204
9	3 and 8	2

**Table v. Search strategy: Cochrane Central Register of Controlled Trials (CENTRAL).**

ID	Search	Hits
#1	MeSH descriptor: [Radius Fractures] explode all trees	636
#2	((wrist or radius) NEAR/3 fracture*)	1,614
#3	("minimally displaced" or "minimal displacement" or "non displaced" or "un displaced")	219
#4	#2 AND #3	45
#5	{OR #1, #4}	652
#6	MeSH descriptor: [Self Care] explode all trees	5,929
#7	MeSH descriptor: [Self-Management] explode all trees	589
#8	"self care"	12,602
#9	"self management"	9,024
#10	"direct discharge"	11
#11	{OR #8-#10}	16,942
#12	#5 AND #11	7

## Supplement Two

### Driving

Unless your doctor has said otherwise your wrist fracture has healed enough to allow you to drive without further injury. However, whether you are safe to drive is your decision and not your doctors. It is advisable to test yourself in a stationary car first. Check that you have enough strength and range of motion in your wrist to be in full control of the car. When making this decision you must take a common sense approach and remember you have a duty of care to other road users.

### For those returning to sport

Return to sport or demanding activities will be determined by how soon your wrist recovers, not by how many days or weeks it has been since your injury occurred. You can return to your sport safely when each of the following is true or as advised by your doctor or physiotherapist.

### Recreational sports (for example golf, bowls)

You have  $\frac{3}{4}$  to full range of motion in your wrist compared to the other wrist.

Your wrist is strong enough to handle the demands of the activity safely.

### Competitive / contact sports (for example rugby)

You have been out of your plaster of paris for as long as you were in it. For example, 6 weeks wearing a plaster equals 12 weeks before returning to sport.

You have full range of motion at your wrist joint compared to the uninjured wrist.

You can lean your body weight through your hand without any pain.

Swimming and running can be resumed earlier if you are keen on keeping fit.

If your wrist pain severely increased please contact your GP or Fracture clinic for advice.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

## **\*ADVICE SHEET\***

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# Following a Broken Wrist

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Fracture Clinic

*Contact details*

### How to treat your injured wrist

Your doctor is now happy with the healing of your wrist fracture (broken wrist) and has therefore removed your plaster of paris. The following advice will help you return to your normal activities.

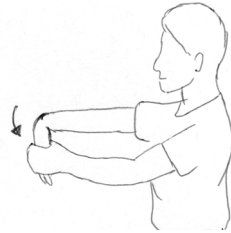
### Immediately following removal of your plaster

You might find that your wrist is stiff, swollen and your skin is dry and flaky, this is normal. To help (as long as you do not have an open wound) soak your wrist in a bowl of warm water. For maximum effect soak your wrist for 15 minutes every 2 hours. Remember that following removal of your plaster your skin sensation may not be as good, so check the temperature of the water with your good hand first.

### Exercises

It is now essential to start to exercise your wrist to prevent further stiffness and weakness. It will also help you to return to your normal activities.

1. Use your good hand to help bend your wrist forwards and backwards.

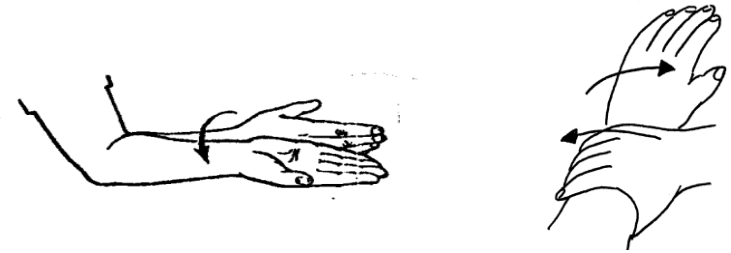


2. Place the palm of your hands together and lift your elbows up.



3. Circle your wrist around in a clockwise direction then in an anticlockwise direction.

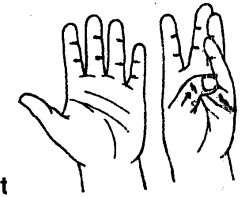
4. Keeping your elbow firmly into your side, turn the palm of your hand up to the ceiling and down to the floor. Use your good hand to help push your hand over more.



5. Make a fist and then straighten out your fingers.



6. Touch the base of your little finger with the thumb of the same hand.



**Repeat each of the above exercises five times, t**

### General

It is important that you start to use your wrist for light activities, steadily building up the use and progressing to more demanding activities. It may be some weeks before full strength returns. Your wrist will be healing while you are doing your rehabilitation exercises. To further help the healing process it is important that you have a well-balanced diet and you do not smoke.

