Colles’ Wrist Fracture is a break in the radius bone of the arm, close to the wrist. The break is usually due to a fall on an outstretched hand but can also happen in an accident or other similar trauma to the wrist. In this injury, the hand falls in a backward and outward position in relation to the forearm. People with osteoporosis are at risk for a wrist fracture even if the fall is minor. Symptoms can include pain, tenderness, swelling, bruising or deformity of the wrist (looking crooked or oddly bent).

**Common Treatment Options**
- A splint or plaster cast may be used to ensure alignment as the bone heals.
- X-rays will be taken to ensure normal healing.
- Elevate the wrist.
- If possible, apply ice packs to the wrist for 20–30 minutes every 3–4 hours for the first 2–3 days.
- Take pain medication such as acetemopon.
- Avoid smoking, and nonsteroidal medications such as ibuprofen, naproxen, or aspirin which can slow bone healing.
- Surgery may be needed if the bone will not heal adequately in a cast, and may include insertion of pins, plates, screws or other devices to ensure bone alignment and proper healing.