

## Disclaimer

The above detail as provided by Blackrock Clinic is not intended to replace the attention or advice of a physician or other health care professional. Blackrock Clinic strives to ensure that the detail on this advice sheet is as accurate as possible, but does not accept responsibility or liability for any inaccuracies. If you have any queries or questions they should be raised with your care provider.

FRESH  
2010  
PERSPECTIVES



Blackrock Clinic

EMERGENCY DEPARTMENT

## *Wrist Injury Advice*



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FREEPHONE

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## Wrist Sprains

*A wrist sprain is a common injury and is caused by a stretch or a tear in one or more of the ligaments in the wrist. This occurs when they are stretched beyond their normal limit.*

*You may have swelling, pain or loss of movement.*

## Treatment/management

Think of “**PRICE**” - **PROTECTION**, **REST**, **ICE**, **COMPRESSION** AND **ELEVATION**

### **REST**

*For 24 - 48 hours after the injury rest your wrist from painful activities.*

After this, gradually use the wrist as much as tolerated, avoiding only activities that cause pain.

If you have been given a wrist brace, take it off at night

### **ICE**

Never put ice directly on the skin. Cover ice pack/ice cubes with a damp tea towel. Apply the ice to the injured area 3-4 times daily for 15- 20 minutes.

### **COMPRESSION**

If you have been provided with a tubigrip support bandage, wear it from the knuckles to mid-forearm as instructed.

**DO NOT wear this bandage at night**

### **ELEVATION**

If you were provided with a sling or cuff, keep your hand/wrist higher than your elbow across your chest.

To prevent shoulder stiffness it is important to exercise your shoulder when wearing these supports.

## Exercises

- Use your wrist as much as you can without causing pain. Avoid wearing rings/jewellery on the effected limb until healed.
- Gentle exercises may be started immediately at home.
- Clench your fingers tightly, count to three then release slowly stretching your fingers and thumb
- Bend and stretch fingers Individually. Use other hand if necessary
- Open and shut clothes pegs
- Open and shut screw bottles
- Attempt to bend your wrist back and forth as well as to the side as tolerated.

**DO THESE EXERCISES AT LEAST THREE OR FOUR TIMES PER DAY**

## Splint and skin care

- Both tubigrip and wrist brace supports can be washed in warm soapy water. The splint bar from the brace must be removed before washing.
- Any skin area coming in contact with the tubigrip or brace must be washed and dried daily.

**NB: If you experience any of the following, contact the Emergency or Physiotherapy Department:**

- **Excessive pain and swelling**
- **Red marks, numbness or pins and needles**