

Hand & Wrist Sprain

Patient Information

Fracture Clinic

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What is a sprain?

A sprain is a common injury to the soft tissues of the wrist / hand.

This can be caused by direct trauma i.e. falling onto the hand, through overuse or repetitive strain.

A sprain occurs when the ligaments and muscles become irritated resulting in pain and inflammation. Pain can also be felt in the forearm and hand, which is called referred pain.

Following a sprain the following symptoms can occur:

- Pain
- Swelling
- Bruising
- Reduced movement and stiffness

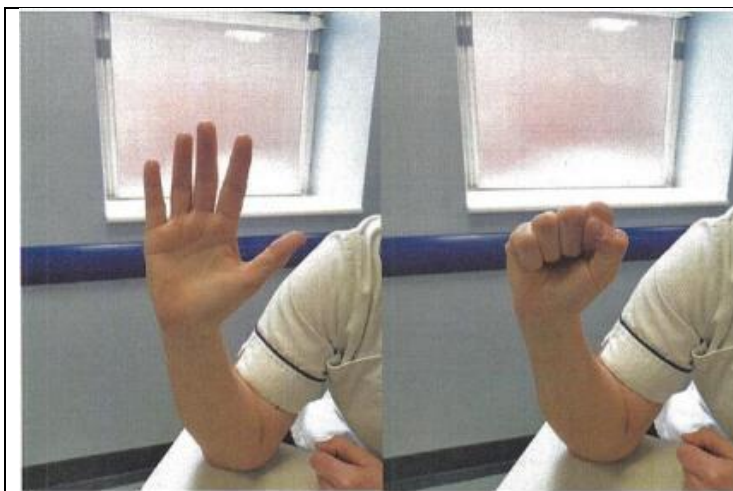
Advised treatment and aftercare

- Pain relief to be taken as prescribed / advised by your healthcare provider.
- Ice therapy- ice pack or frozen peas wrapped within a towel for 10-15 minutes, four times daily at site of injury can help to reduce swelling/pain.
- Using a pillow / pillows to elevate the hand / wrist can help with swelling.
- Resting the hand and wrist for the first 24 to 72 hours is advisable. Gentle movements are encouraged during this time.

Exercises for your wrist

During the early stages of your injury it is advisable to avoid strenuous activities as this will aggravate the pain.

The following exercises will assist in your recovery.



1. Aim to make a full fist.

Complete 10 repetitions every 1 to 2 hours.



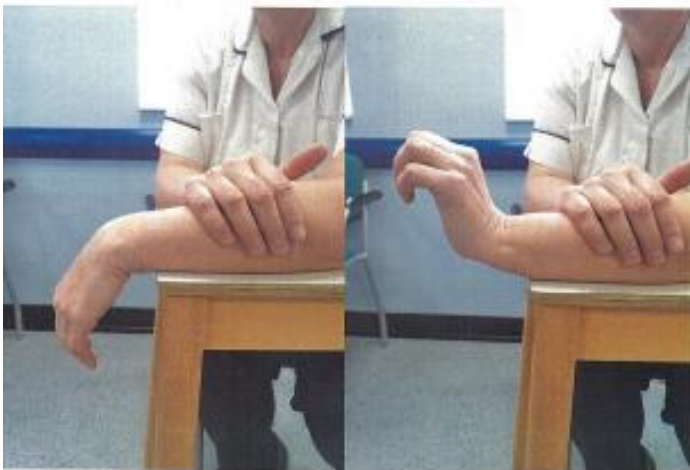
2. Aim to restore movement of your thumb to your little finger.

Starting with your index finger touch the tip of each finger with your thumb.

Complete 10 repetitions every 1 to 2 hours.

When you can reach the tip of your little finger, slide your thumb down.

Complete 10 repetitions every 1 to 2 hours.



3. Aim to restore the movement of your wrist.

With your wrist over the edge of the table or arm of a chair, let your wrist bend forward and back.

Move your wrist as far as you can comfortably manage.

Complete 10 sessions every 1 to 2 hours.



4. Place your forearm on the table

Keep the palm of your hand on the table.

Lift your elbow off the table, as far as you can comfortably manage.

Complete 10 repetitions, every 1 to 2 hours.



5. Keeping your elbow by your side, aim to turn your palm fully up and then turn your palm down.

Complete 10 repetitions, every 1 to 2 hours.

General Advice

- It is important to reduce stiffness by keeping your wrist moving
- Early exercise leads to better recovery
- Avoid any physical activity that increases your pain
- Light activities such as washing, dressing, eating and writing are encouraged

If your symptoms are not improving or you have any concerns, please contact one of the following:

Fracture Clinic Physiotherapy Team telephone: 01942 822103

Fracture Clinic Nursing Team telephone: 01942 822109

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



Phone: 0808 802 1212
Text: 81212
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