

How to Treat a Wrist Injury



Information for people attending our Minor Injury Units and Urgent Treatment Centre

**Bristol UTC T: 0300 124 6260 | Yate MIU T: 0300 125 6800 |
Clevedon MIU T: 01275 546852**



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Sirona care and health website.**

Following injury, your wrist may be swollen, bruised and painful due to the damage to the soft tissues such as ligaments, tendons, muscles, etc. In order to help the natural healing process, follow the advice below.

During the first three days

It is important to rest and elevate the wrist as much as possible to prevent further swelling. Rest with the arm elevated on pillows, ideally with your wrist above the level of your heart. To relieve the pain and swelling, apply a packet of frozen peas or crushed ice in a damp tea towel to the painful area. For maximum effect, apply for up to 20 minutes, every two hours. Cold can burn, so remove if uncomfortable.

You may have been provided with a splint. This should be removed when resting and at night. Check that your shoulder and elbow are moving fully. Once the pain and swelling begin to ease, start gently moving the wrist and hand to prevent stiffness. Move into discomfort and not pain.

Pain relief medication can help you to reduce the pain allowing you to undertake any suggested exercises and movements of the injury. Moving will help ease the pain and speed up your recovery significantly. Simple pain relief medications such as Paracetamol and Ibuprofen are often all that is required.

After three days

If you have not already started to move your wrist, then it is now essential that you do so to prevent future stiffness. Please read the medication instructions before taking anything.

Exercise one

Sitting, grasp your injured arm well above the wrist so that your palm is face down towards the floor.



Slowly move the hand up as far as possible, then stretch down as far as possible.

Repeat 10 times.

Exercise two

In the same position as above, move the hand towards the thumb side of the wrist and then towards the little finger side.



Repeat 10 times.

Exercise three

Combine the above movements and move the wrist in as large a circle as possible.



Repeat 10 times.

Exercise four

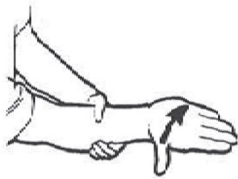
Tuck your elbow into your side, turn your palm up and then down. Move as far as possible in each direction.

Repeat 10 times.

For the hand

Exercise five

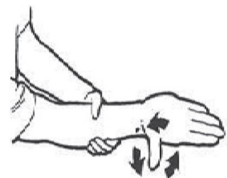
With your palm facing upwards, stretch your thumb across toward the base of the little finger. Then stretch out to the side as far as possible.



Repeat 10 times.

Exercise six

Continue moving the thumb around in circles, stretching as far as possible.



Repeat 10 times.

As each day goes by, you should be able to move the wrist more freely and with lessening discomfort.

The amount of movement should eventually be the same as that on your unaffected side. Start returning to light activities, steadily building up the daily use and progressing to more demanding activities. It may be some weeks before full strength returns.

Depending on how badly your wrist is sprained, it may take between four to eight weeks to recover, sometimes longer.

Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.

For less urgent health needs, contact your GP or local pharmacist in the usual way.

Minor Injury Units and Urgent Treatment Centre

Our minor Injury Units and Urgent Treatment Centre support the local community with urgent minor injuries and/ or illnesses. They are led by our specialist emergency nurse practitioners, who are fully trained in both adult and paediatric care.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

- **Bristol Urgent Treatment Centre** Minor injuries and illnesses Open 8am-8pm, seven days a week South Bristol NHS Community Hospital, Hengrove Promenade, Hengrove, Bristol, BS14 0DE T: 0300 124 6260
- **Yate Minor Injury Unit** Minor injuries only Open 8am-8pm, seven days a week Yate West Gate Centre, 21 West Walk, Yate BS37 4AX T: 0300 125 6800
- **Clevedon Minor Injury Unit** Minor injuries only Open 8am-8pm, seven days a week North Somerset Community Hospital, Old Street, Clevedon, BS21 6BS T: 01275 546852

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet, please tell us.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language.

You can phone us on Bristol UTC T: 0300 124 6260| Yate MIU T: 0300 125 6800| Clevedon MIU T: 01275 546852



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