

Fracture Clinic Patient Information Leaflet

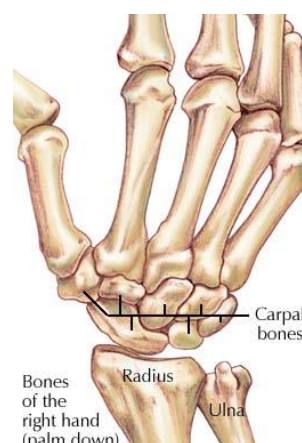
Advice after spraining your wrist

Your injury

A sprain means that you have an injury to some of the soft tissues that support a joint, such as ligaments. You have sprained your wrist joint but you do not have any broken bones. This is a common injury.

The common symptoms following this type of injury include:

- Pain straight after an injury
- Swelling
- Bruising
- Difficulty moving the wrist and hand



Your treatment plan

You may be given a removable splint to wear to support the wrist. This should be used for two to six weeks to enable you to use the arm more comfortably whilst the injury heals. You only need to wear the splint when using the arm. You can remove it at rest, at night and when bathing or showering. You can use the arm for light activities immediately and gradually increase how much you are using it as the pain settles down and the symptoms ease off.

These injuries almost always heal well with time and therefore follow up clinic appointments are not usually needed.

What should I do at home?

- Use over the counter pain killers as needed.
- Elevate the injured arm when resting to help reduce swelling.
- You can return to work once you are able to do your normal duties.

How long will it take to heal?

Most sprains heal without any problems in six to twelve weeks. However, it may take six to twelve months for your symptoms to settle completely, these can include pain or discomfort, stiffness, swelling, and decreased strength.

The injury may take longer to heal if you suffer from diabetes or if you smoke. For advice on stopping smoking please visit www.nhs.uk/smokefree or discuss this with your GP.

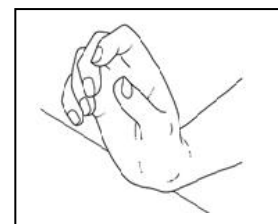
Once the sprain has started to heal some people might be referred to their local physiotherapy department for assessment, advice and rehabilitation.

Exercises

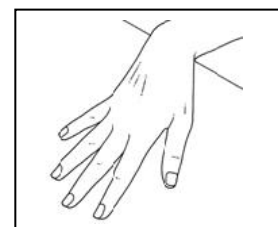
You should try to do these exercises three to four times a day; you can start them immediately.

Repeat these ten times each:

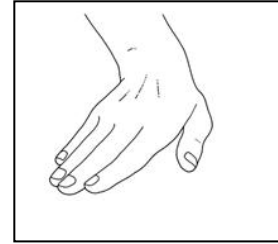
1. Forearm supported on a table with your hand relaxed over the edge and palm facing down. Lift the wrist and return to starting position.



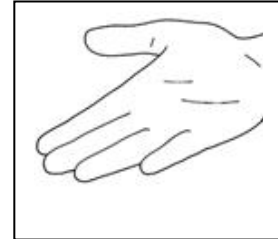
2. Forearm supported on a table with your hand relaxed over the edge and palm facing down. Bend the wrist down and lift to return to starting position.



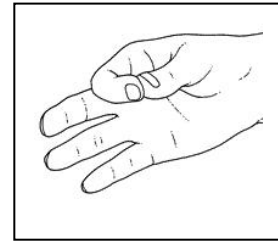
3. Hold your wrist and fingers straight. Move your wrist in the direction of your little finger and then in the direction of your thumb.



4. Forearm on a table, palm turned down. Alternately turn palm over and return to starting position keeping your elbow still.



5. With your thumb touch the tip of each finger



If you have any worries or concerns please contact one of the following:

Virtual Fracture Clinic Helpline 01225 821668 or Fracture Clinic 01225 826380

Trauma and Orthopaedic Department

Royal United Hospitals Bath NHS Foundation Trust

Combe Park, Bath BA1 3NG

01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656 or 826319.