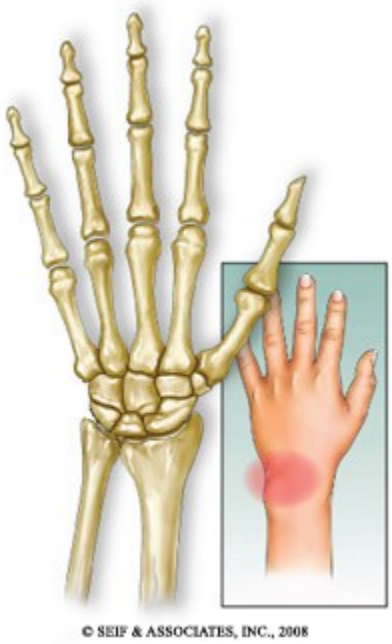
Wrist Pain (Sprain/Strain)

A sprain is when ligaments are stretched or torn. Ligaments hold bones together. A strain is when muscles or tendons are stretched or pulled. Tendons connect muscles to bones. A wrist will often be tender to touch after a sprain or strain injury.

HOME CARE



- Keep the hurt area raised. This may decrease the puffiness (*swelling*).
- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 to 20 minutes at a time, 4 times a day.
- Rest the injured area.
- Wear a splint, cast, or an elastic bandage as told by your doctor.
- Only take medicine as told by your doctor.
- See your doctor for a follow-up visit. This is to make sure the wrist is healing well. Your doctor can tell you what you or your child can and cannot do while healing. Your doctor will also know if tests or X-rays are needed.

GET HELP IF:

- Bruising, puffiness, or pain increases.
- The fingers on the injured wrist are colder than those on the healthy wrist.

GET HELP RIGHT AWAY IF:

- The fingers are puffy, very red, white, and cold or blue.
- The fingers are numb or tingling.
- The pain is getting worse.
- It is hard to move the fingers.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

Document Released: 06/05/2009 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.