

Wrist pain is a common issue that can hinder your daily activities. Up to 25% of people will experience wrist pain in their lifetime. It can result from various causes, including injuries, overuse, or underlying medical conditions. This handout aims to provide you with essential information about wrist pain and how to effectively manage it.

Common Causes of Wrist Pain:

- Carpal Tunnel Syndrome: Compression of the median nerve in the wrist, causing pain and numbness.
- Sprains and Strains: Overstretching or tearing of ligaments and tendons in the wrist.
- Tendinitis: Inflammation of the tendons that pass through the wrist joint.
- Fractures: Broken bones in the wrist, often due to a fall or injury.
- Arthritis: Conditions like osteoarthritis and rheumatoid arthritis can affect the wrist joint.
- Repetitive Strain Injury (RSI): Overuse of the wrist, common in activities involving repetitive motions.

Symptoms:

- Pain in the wrist, often worsened with movement
- Swelling, tenderness, or warmth
- Stiffness and limited range of motion
- Weakness in the wrist or hand
- Numbness or tingling sensations

Prevention and Management:

- Rest: Avoid activities that worsen the pain and give your wrist time to heal.
- Ice: Apply ice to the affected area to reduce swelling and inflammation.
- Compression: Use a wrist brace or bandage for support.
- Ergonomics: Maintain proper wrist posture during activities and work to prevent strain.
- Exercise: Gentle wrist stretches and strengthening exercises
- Splints: Wearing a splint or brace can provide support during healing.

When to Seek Professional Help:

If you experience any of the following, it is recommended you consult a healthcare professional:

- Severe or persistent pain
- Inability to move the wrist
- Signs of infection (redness, warmth, fever)
- Numbness or weakness in the hand

Treatment Options:

- **Physiotherapy:** Customised exercises and techniques to improve wrist strength and mobility.
- **Medications:** Pain relievers, anti-inflammatories, or muscle relaxants as prescribed.
- **Injections:** Corticosteroid injections can reduce inflammation and pain.
- **Surgery:** For severe cases, such as fractures requiring fixation or carpal tunnel syndrome.