Wrist Injuries

A wrist injury is a disturbance to any one of your eight small wrist bones or the two forearm bones and/or muscles. Following certain wrist injuries it is common for the patient to experience pain, stiffness and swelling in the wrist.

With any injury to the wrist additional injury can or may be caused to the ligaments, tendons, muscles and nerves surrounding the wrist. Therefore the treatment of an injured wrist, like a fracture, may require a splint, cast or surgery, followed by physical therapy.

Treatment

Depending on the involved structures the Physician may decide to treat the injury by immobilizing the wrist with a splint or cast and in some instances recommend surgery.

For injuries of less significance the physician may recommend that the patient rest from activity and gradually progress activity.

Stage 1 (1-2 weeks): Reduce pain or soreness by applying ice and compression 60 minutes every 2 hours while taking anti-inflammatory medicine as directed.

Stage 2 (2nd - 3rd week): Begin stretching and light strengthening exercises gradually increasing weight/resistance; using pain as a guide to determine how much activity is enough. (Examples Below)

**Wrist Extension Stretch**

Place both hands on a table, as shown, and gently lean forward until a stretch is felt.

Hold 30 sec
Repeat 3 times

**Wrist Flexion Stretch**

Use the unaffected hand to bend the affected wrist down as shown.

Hold 30 sec
Repeat 3 times

**Ulnar Deviation Stretch**

Grasp your hand and bend it towards the little finger side as shown

Hold 30 sec
Repeat 3 times

**Radial Deviation Stretch**

Grasp your hand and bend it towards the thumb side as shown.

Hold 30 sec
Repeat 3 times

**Towel Grip**

Place a rolled up towel in your hand and squeeze.

Hold 30 sec
Repeat 3 times

**Rubber Band Extension Exercise**

Expand a rubber band wrapped around your fingers.

Hold extension for 3 sec
Reps 10 Sets 3
**Ball Jaw Squeeze**
With an elastic ball, firmly squeeze it with your first 3 fingers as shown.
Hold 3 sec
Reps 10 Sets 3

**Ball Squeeze**
With an elastic ball, firmly squeeze it in the palm of your hand.
Hold 3 sec
Reps 10 Sets 3

**Elastic Bicep Curl**
With your arm at your side holding an elastic band, draw up your hand by bending at the elbow. Keep your palm face up the entire time.
Reps 10 Sets 3

**Elastic Triceps Extension**
Start by holding an elastic band across your chest with the unaffected arm. Next, pull the band downward with the other arm so that the elbow moves from bent to straight.
Reps 10 Sets 3

**Elastic Wrist Curls**
Rest your forearm on your thigh or table, with your palm facing the ceiling. Curl wrist to ceiling.
Reps 10 Sets 3

**Elastic Wrist Extension**
Rest your forearm on your thigh or table with palm facing floor; raise back of hand to ceiling.
Reps 10 Sets 3

**Elastic Ulnar Deviation**
While holding an elastic band, bend the top wrist upward as shown. The lower hand should remain still.
Reps 10 Sets 3

**Elastic Radial Deviation**
Rest your forearm on your thigh or table, with thumb pointed toward ceiling. Cock wrist back and forth.
Reps 10 Sets 3

**Pronation/Supination**
Slowly lower a hammer towards the inside and then outside of the body as shown.
Reps 10 Sets 3