

# Patient Information Sheet - Soft Tissue Wrist Injuries

## *What do I need to know?*



### **What has happened?**

We think you have sprained your wrist. If X-rays were required, they did not show a fracture that needs particular treatment. For practical purposes your injury can be treated as a sprain. This is painful but almost always heals without the need for surgery. A cast or splint is sufficient to manage this type of injury and allow healing.

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### **What happens next?**

Your X-rays, if you needed them, will be reviewed by a radiologist (X-ray expert) and by a trauma surgeon. If there are no further concerns, you will **not** be contacted and should follow the advice on this leaflet. If anything is seen on the X-ray which requires follow up, you will be contacted.

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### **What should I expect during recovery?**

#### **Weeks 1 and 2**

- The wrist will be painful but it should be tolerable while it is secured in the splint with normal sensation in your fingers. Paracetamol and ibuprofen can help with this.
- Begin EXERCISES 1-2 as illustrated.
- You may notice some bruising and swelling in the fingers and some mild tingling/numbness.

#### **Weeks 3-6**

- The pain will begin to reduce and bruising will settle.
- You can start to use your hand for light day to day activities.

#### **Weeks 7-12**

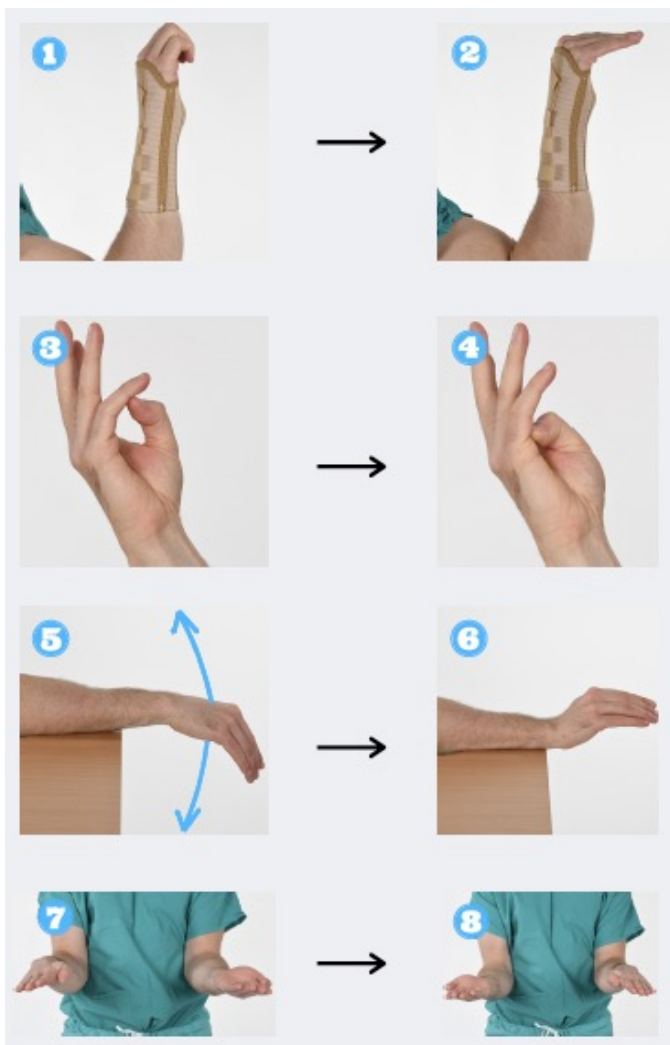
- It will feel unusual to begin with and that is normal.
- Begin EXERCISES 3-8. Repeat x10 each, x3 per day for 4 weeks.

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### Key Exercises



### Top Tips

- Elevate your wrist above the level of your heart when you are at home to reduce swelling.
- Keep your fingers, elbow and shoulder moving as much as you can despite your wrist being immobilized.
- Stop or cut down on smoking while the injury is healing.

### What if it doesn't get better?

We expect your wrist to get progressively better within the next month. If you are still getting significant pain, please contact us using the contact details below and a nurse will call you.

### Get In Touch

Please get in touch via our trauma advice email: [traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk) if you have queries regarding your wrist, for example.

If you do not receive a reply after 3 working days call our helpline in hours (8am-5pm): 0131 2423410

### Urgent Issues

Please call the Minor Injuries Unit helpline on 0131 2423942 (out of hours) for any urgent issues, for example:

- There is a sudden, severe, constant increase in the pain in your wrist.
- You have a progressive worsening numbness in the tips of your fingers or thumb.