

Wrist Injury

Paediatric Management Advice Leaflet

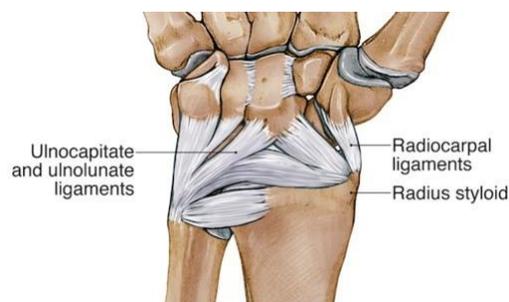
What is a wrist injury?

Wrist injuries occur when the ligaments and/or muscles around the hand and wrist are overstretched or pinched during an injury. The severity of the sprain or strain will differ depending on how much stretch has occurred.

What are the symptoms of a wrist injury?

Symptoms of a wrist injury will often include:

- Pain around the hand and forearm.
- Pain when moving the hand and wrist.
- Swelling.
- Bruising.



Pain relief

Consult your GP or local pharmacist for advice as to which medication is suitable for your child to take.

Important signs and symptoms to look out for

If your child experiences any of the following symptoms, please seek further urgent medical advice:

- Significant swelling or pain in the hand and wrist which is worsening
- Severe night pain
- Loss of sensation or persistent pins and needles/ numbness in the hand/ wrist or fingers
- Altered colour or unusual sweating of the hand/wrist

Only continue to read if you have none of the above symptoms.

Recovery and Rehabilitation

Healing times

- Wrist injuries will usually heal within a few weeks with conservative management. **Swelling** and **bruising** may still be present for up to 10 days.
- Normal activity levels are usually restored after 6-8 weeks. The risk of re-injury is higher in the first 4-6 weeks.
- As your child completes the exercises provided, they may notice some aching. This is normal. If this happens, re-apply ice packs to help reduce the inflammation. There is no need to stop playing or exercising unless it is causing significant pain.

Physiotherapy

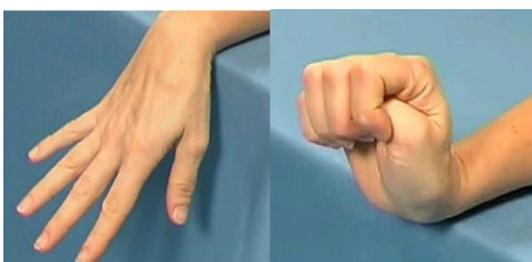
- It is important to keep your child's wrist moving even when painful. Evidence has shown that completing basic exercises helps the sprained ligaments to heal.
- In most cases your child will not need to be seen by a Physiotherapist for rehabilitation. Following exercises provided in the leaflet should aid recovery.
- If after 3 weeks your child is still having problems, please contact the Paediatric Physiotherapy service on the number provided to book an assessment.

Exercises — Phase 1— Movement

Completing these exercises 3-4 times per day will help maintain range of movement and reduce swelling. Try to use your hand as normally as pain allows.

Finger flexion and extension

Sit in a comfortable position, slowly open your hand as much as you can before making a fist. Repeat 10-15 times.

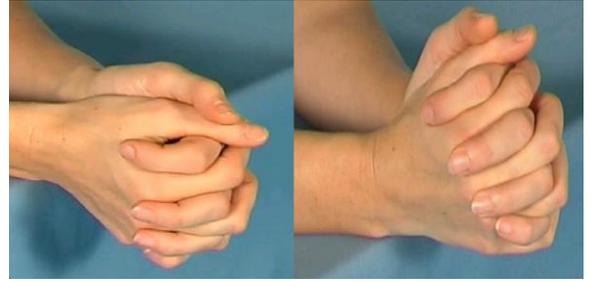


Wrist flexion and extension

Sit with your hand rested over a table or chair arm. Slowly let your hand relax to allow your wrist to bend before making a fist and raising your fist in the air. Repeat 10-15 times.

Ulnar and radial deviation

Clasp your hands together and support your forearms on a table with your hands over the edge. Bend your wrist up and down. Repeat 10-15 times.



Exercises — Phase 2 — Strengthening

Once the movement in your wrist has returned and you are managing the exercises in phase 1 comfortably, move on to phase 2.



Grip Strength

Using an object with some resistance, such as play dough or a stress ball, slowly squeeze the object as firmly as possible and relax. Repeat 10 times.

Wrist flexion and extension with a small weight

In either sitting or standing hold a small weight in your hand. Slowly let your wrist bend before slowly raising it as high as possible. You can use your other hand for support if you need to. Repeat 5-10 times.



Exercises — Phase 3 — Strengthening continued

Once you are able to the exercises in phase 2 comfortably, progress to phase 3.



Wrist ulnar and radial deviation with a small weight

In either sitting or standing hold a small weight in your hand. Slowly move your hand left to right. You can use your other hand for support if you need to. Repeat 5-10 times.

Wrist pronation and supination with a small weight

In either sitting or standing hold a small weight in your hand. Slowly twist your wrist so that your palm faces upwards before twisting back down. You can use your other hand for support if you need to. Repeat 5-10 times.



Exercises — Phase 4 — Further strengthening and proprioception

Once you have managed to complete phase 3, move on to phase 4. Working on the proprioception around your wrist / hand will help to prevent further injury.



Rolling a ball up and down a wall

Stand next to a wall holding onto a ball with your injured hand. Slowly roll the ball up and down the wall. Repeat 10-15 times.



Throw and catch

In standing, throw and catch a ball using either one or both hands. Vary your technique so you complete underarm, chest pass and over arm. Repeat 10-15 times.



Wall press up

Stand next to a wall with your arms shoulder distance apart. Place both hands on the wall and slowly go into a press up by bending both elbows and pressing your chest to the wall. Repeat 10-15 times.

Paediatric Physiotherapy Service	Author: Physiotherapy
ID No: PHYSIO - 018 – Wrist Injury	Version: 004
Date of Issue: April 2020	Review Date: April 2023
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