

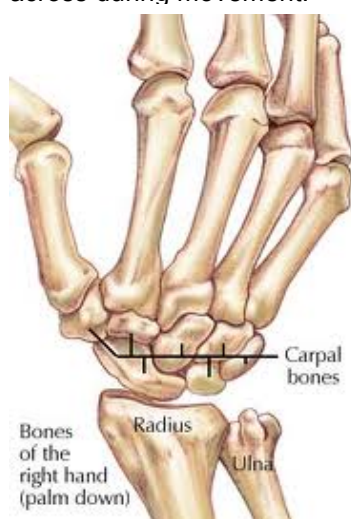
# Wrist Pain

## The problem

- Acute injury or overuse syndromes can cause wrist pain.
- Acute injuries, such as a fall on outstretched hand, can cause sprains, strains and even fractures.
- Any activity that involves repetitive wrist movements can cause inflammation of structures in and around the wrist.
- Common overuse injuries include DeQuervain's Tenosynovitis and Carpal Tunnel Syndrome.
- The risk of developing an overuse injury increases if there is poor technique whilst performing repetitive tasks.

## Interesting facts

- The wrist is a complex joint, comprised of 8 small carpal bones arranged in 2 rows, which lay between the bones in your forearm, and the bones in your hand.
- Ligaments connect the carpal bones to each other, to the forearm and to the bones of the hand.
- There are also many tendons responsible for flexing and extending the fingers and wrist, these may become injured at the wrist as well.
- Three major nerves are responsible for innervating your hand, the ulna, radial and median nerve, all of which cross the wrist.
- Finally, there is a disc known as the Triangular Fibrocartilage Complex that connects the ulna to the carpal rows/hand and provides a surface for the carpal bones to slide across during movement.

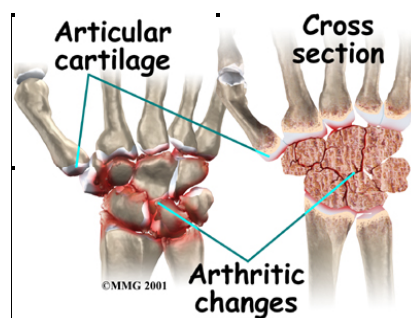


## What you can expect/look out for

- Wrist pain varies, depending on what's causing it. For example, osteoarthritis typically causes a dull pain, while tendonitis causes a sharp, stabbing pain, with a nerve impingement producing a sensation of pins and needles

## Hints for self-management

- Rest
- Ice and anti-inflammatory medication if the area is swollen
- An over-the-counter wrist brace may help support the joint and reduce pain



## Management options

- The treatment for wrist pain varies based on the source of the pain. Conservative treatment with physiotherapy and/or cortisone injections is usually attempted before surgical intervention is considered, especially with chronic pain conditions.
- Physiotherapy intervention will focus on stretching tight structures and strengthening weak structures.
- The movement pattern used to perform your usual activities should also be analyzed for any errors in technique that may be contributing to your wrist pain.

## More information

- Use appropriate protective gear for sporting activities
- Pay attention to ergonomics. Use the ergonomic devices available for your task, take regular breaks, keep your wrists in a neutral position when you type and improve your posture, all can help to reduce your risk of developing an overuse injury.