

# Soft Tissue Injury – Wrist

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

**Author:** Physiotherapist  
**Department:** Therapy  
**Document Number:** STHK1117  
**Version:** 2  
**Review date:** 01/02/2023

## Information for Patients

This is a follow-up leaflet to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and a Physiotherapist.

### You have sustained a soft tissue injury (sprain) to your wrist.

This normally takes up to six weeks to heal.

During this period, it is important that you follow the exercises on the following page to prevent further injury and help to improve your function. You may use the arm in the meantime; it is important to keep the wrist moving to prevent stiffness. Take pain killers as prescribed. Use the splint (if provided) for comfort only, and try to wean out of this as soon as possible. You can return to driving once your splint has been removed and you feel confident in safely controlling your vehicle.

If you are worried that you are unable to follow the rehabilitation plan, you are still experiencing pain and swelling after six weeks, are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, or if you or if you have any questions, then please contact us for advice using the contact details on the back of this booklet.

## Smoking cessation

Medical evidence suggests that smoking prolongs healing times. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your injury will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

## Exercises — Stage 1 Exercises (3-4 times per day)

### Finger and wrist flexion and extension

Open and close your hand of your injured arm as shown 10 times.

Then move your wrist up and down 10 times.



## Elbow bend & straighten

Bend and straighten the elbow (of your injured hand) so you feel a mild to moderate stretch.

You can use your other arm to assist if necessary, but do not push if it causes pain.

Repeat 10 times.



## Forearm rotations

Rest the elbow of your injured arm by your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



## Grip strength exercises

Regularly squeeze a stress ball for 30-60 seconds

*Or*

Regularly use hand-held grip strength equipment

*Or*

Practice wringing out a damp cloth.

Repeat 10 times+



## Contact Information

Should you have any worries or concerns following discharge from hospital, please contact either:

Fracture Clinic: 0151 430 4905 (9 am-5pm Monday to Friday)

Emergency Department: 0151 430 2399

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

 /sthknhs  @sthk.nhs

[www.sthk.nhs.uk](http://www.sthk.nhs.uk)