# Following your wrist sprain

## What to expect

Swelling is a natural response of the wrist's soft tissue following injury but this should subside after the first 2 days.

- **During the first 2 days** – you may find that some type of support bandage will help. Elevation in a sling will provide comfort and help to reduce swelling.
- **After the first 2 days** – it is important to keep your wrist and hand as mobile as possible and keep the swelling down.

## Resuming activities

After 2 days, you can usually start to use your hand for lightweight tasks like dusting etc. Do not try to lift anything heavy. You need to move on slowly to heavier tasks.

## Exercises

If you are wearing a sling, remember to give your shoulder and elbow a good stretch regularly to prevent joint stiffness. Also, regularly move all your finger joints as if making a fist and then stretching them.

Carry out the following exercises to encourage the sprained ligaments to heal.
(It is good to exercise your hand and wrist in a large bowl of warm water or the bath.)

1. Tuck your elbow into your side – turn your hand palm up and then palm down.
2. Move your hand at the wrist:
    - up and down
    - round in circles (it is a good idea to hold your forearm with your good hand).
3. With your elbows on a table and hands with your palms together, take your elbows further apart. Always keep your palms together to get a good stretch.
4. Make a fist and then stretch your fingers as far apart as possible.
5. Put your hand flat on a table and lift your fingers up one at a time and then drum your fingers on the table.

**RCHT 2048**

Printed 11/2023 V1 **Review due 11/2026**

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Printed 11/2023 V1 **Review due 11/2026**