
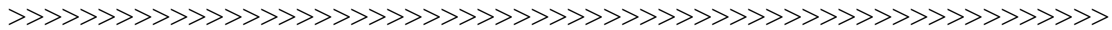


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Wrist Sprain

A wrist sprain it's an injury to the wrist ligaments. This can happen due to a fall but also by direct trauma on the wrist, twisting or extreme pressure on the wrist. Symptoms can be swelling, pain, tenderness and warmness around the injury, loss of motion, weakness and sometimes bruising.

Pacing Physical Activity:

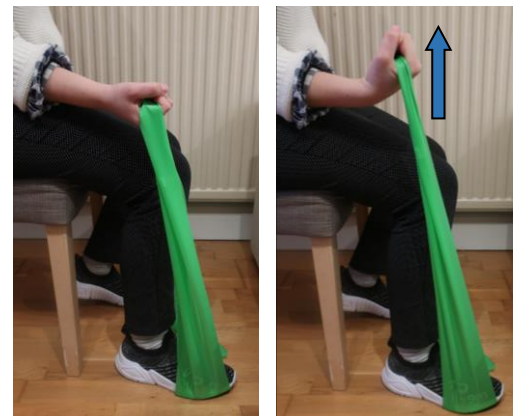
It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your hand/wrist some relative rest in the short term.



We advise you to rest your wrist, apply ice packs, compressing and elevation. Ease off the exercises if you feel pain, use a theraband or elastic band to perform these exercises.

Exercises:

Resisted wrist flexion:

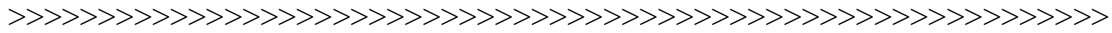
- On sitting position, step on one end of the exercise band
- Grab the other end with your hand, keeping your palm up, rest your forearm on your thigh
- Against the band, slowly bend your wrist up, for a count of 2
- Slowly lower your wrist down for a count of 5
- 10 repetitions



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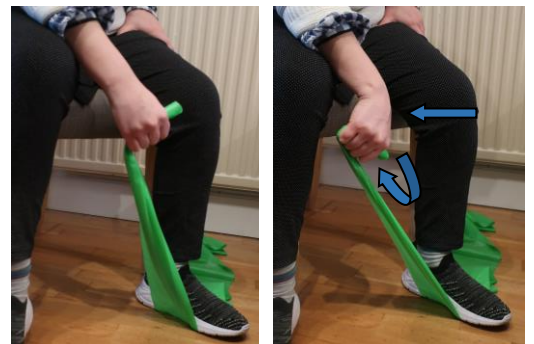
Resisted wrist extension:

- On sitting position, step on one end of the exercise band
- Grab the other end with your hand, keeping your palm down, rest your forearm on your thigh
- Against the band, slowly bend your wrist upwards, for a count of 2
- Slowly lower your wrist down for a count of 5
- 10 repetitions



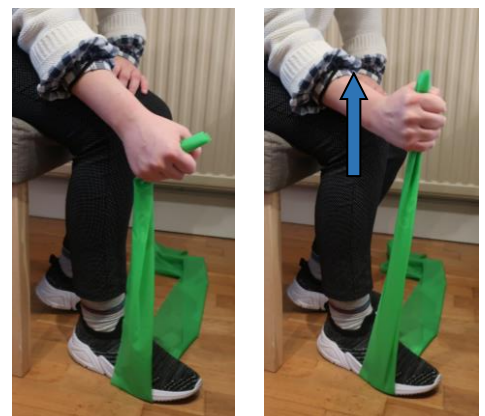
Resisted ulnar deviation:

- On sitting position, step on one end of the exercise band with the opposite foot
- Grab the other end with your hand
- Against the band, slowly bend your wrist towards your knee, for a count of 2
- Slowly bend your wrist outwards to a count of 5
- 10 repetitions



Resisted radial deviation:

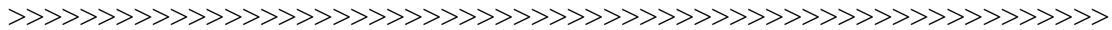
- On sitting position, step on one end of the exercise band with your foot
- Grab the other end with your hand
- Against the band, slowly bend your wrist upwards, for a count of 2
- Slowly lower your wrist down to a count of 5
- 10 repetitions



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Resisted pronation:


- On sitting position, step on one end of the exercise band
- Grab the other end with your hand, keeping your palm up, rest your forearm on your thigh
- Keep your wrist straight, roll your hand inward towards your thigh, against the band, for a count of 2
- Slowly get back to the starting position for a count of 5
- 10 repetitions



Resisted supination:

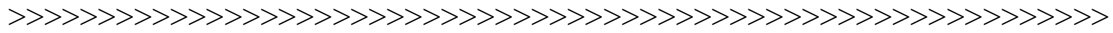
- On sitting position, step on one end of the exercise band
- Grab the other end with your hand, rest your forearm on your thigh
- Keep your wrist straight, roll your hand outwards away from your thigh, against the band, for a count of 2
- Slowly get back to the starting position for a count of 5
- 10 repetitions



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Wrist Extensor Stretch:

- Keeping your elbow straight and palm down
- Relax your wrist
- With the opposite hand gently bend your wrist downwards
- Hold 20 seconds, 3 repetitions



Wrist Flexor Stretch:

- Keeping your elbow straight and palm down
- Relax your wrist
- Gently bend your wrist upwards with opposite hand
- Hold 20 seconds, 3 repetitions

