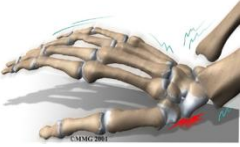


Sprain- Wrist

What is it?

- **Wrist Sprain**—is a common injury that occurs from a fall; ligaments are stretched beyond their normal limits';
 - **Grade I**- the ligaments are stretched, no tear, mild injury
 - **Grade II**- the ligaments are partially torn, moderate injury
 - **Grade III**- the ligaments are completely torn with instability to the joint, severe injury



Symptoms:

- **Symptoms**- pain with movement of the wrist, bruising or discoloration of the skin, burning or tingling sensations around the wrist, swelling around the wrist joint, pain, tenderness, a feeling of tearing inside the wrist, feverish feeling, numbness in the hand,



Facts:

- **Caused by**- I
- **Prevention**- wear protective splints, wrist guard splints, protective tape, when skiing drop the poles to prevent wrist sprains
- **Higher Risk**- rollerblading, street hockey, snowboarding, skiing, divers, skaters, basketball, baseball

What can I do?

- **See your Health Care Provider**- for more information
 - **Diagnosis**- how injury occurred, physical examination, x-ray to make sure the bone is not broken; MRI/Magnetic Resonance Image, CT scan, arthrogram where dye is injected into the wrist, arthroscopy
 - **Treatment**- RICE- Rest, Ice, Compression and Elevate, wrist splint for 7 to 10 days followed by rehab and exercises to strengthen the wrist and restore motion; takes 2 to 10 weeks to heal completely; may also need a cast; anti-inflammatory pain killers
- **See a Registered Dietitian**- for help as needed for weight loss

