



### WHAT IS A WRIST SOFT TISSUE INJURY?

A soft tissue injury usually refers to a ligament sprain, but it could also mean an injury to a surrounding muscle or tendon of your wrist.

### HOW LONG WILL IT TAKE TO RECOVER?

The pain, tenderness and swelling should decrease over several weeks. Some wrist injuries require that you wear a splint for a few weeks in order to hold the wrist in a comfortable position.

### WRIST SPLINT INSTRUCTIONS

Your Doctor may advise you to wear a wrist splint for a short period of time in order to protect your injured wrist and to help with healing.

### HOW TO FIT A WRIST BRACE

1. Undo the straps of the brace and lay it on a flat surface, with the straps facing up
2. Place your hand palm down onto the wrist brace and put your thumb in the thumb hole.
3. Fold the sides over the back of your wrist and fasten the brace with the Velcro straps. Do not tighten the brace too tight. The brace should support and fit comfortably on your wrist.



STEP 1



STEP 2



STEP 3

### OPTIMAL RECOVERY PLAN

TIME SINCE INJURY

0-72 HOURS

- Wear the wrist splint, only if you have been advised to do so. See instructions listed regarding how to put on your wrist splint.
- Apply ice to the injured area for up to 10-15min, every 3-4hrs. Allow skin temperature to return to normal before reapplication of ice. Protect your skin by wrapping an ice pack or frozen peas in a damp towel to ensure the ice is never in direct contact with your skin.
- Follow pain relief advice given by the Doctor you saw in the hospital, or consult your Pharmacist or Family Physician.

1-10 DAYS

- Gradually reduce the amount of time you wear the splint, as able.
- Start the exercises listed below.
- By now you should be returning back to your normal activities. You still might feel some discomfort with higher level activities, such as carrying heavy groceries.
- If you experience a significant increase in pain and/or swelling then reduce your activity levels and gradually increase the level of activity over a longer period of time.

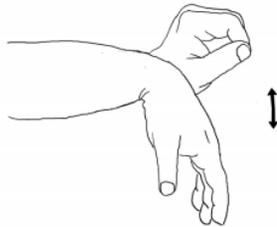
# HOME EXERCISE PROGRAM

Early movement of your wrist is important to prevent stiffness. You should follow the exercises below while staying within your pain limits. The number of times you need to perform each exercise is included as a guide only. Forcible stretching is unnecessary, will likely cause pain, and may delay your recovery. If you experience a significant amount of pain while doing a certain exercise then you should reduce the number of times you do that exercise, and gradually increase the amount during your recovery.

## WRIST AND FINGERS RANGE OF MOTION EXERCISES

Repeat each exercise 10 times, 3 times a day.

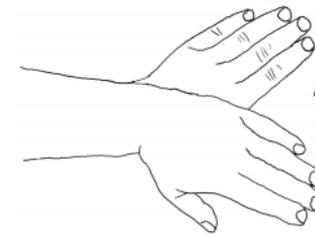
1. Move your wrist up and down as far as you can tolerate.



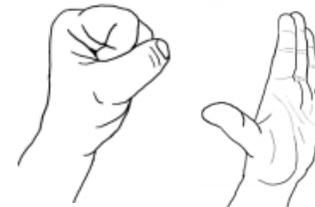
2. Keep your elbow by side and turn the palm of your hand back and forth so that it faces up and then down.



3. With your palm facing down, move your hand from side to side.



4. Open and close your hand as shown 10-15 times.



For further advice and recommendations on exercises, please consult a Physiotherapist in your community. If you need a referral for Physiotherapy, please ask your Family Physician.

### Return to Sport

Before you return to sport you should be able to use your wrist/arm in normal day-to-day activities without pain. It is recommended that you see a Physiotherapist in your community prior to returning to any sport.

### Return to Driving

You should be able to perform a full emergency stop confidently and without pain before you consider returning to driving.