

What is it?

Injury resulting in the stretching and/or tearing to the ligaments of the wrist, meaning the joint is unstable

What causes it?

Hyperextension of the hand

Symptoms

Pain, burning, tingling, bruising around the wrist

Top Tips

ice and immobilise as soon as possible

How to Treat it

RICER and immobilisation



Rehab

Protective supports. Gentle flexibility exercises.

Definitions

Sprain - a stretching or tearing of ligaments, which connect two bones. Classified as first (mild), second (moderate) to third degree (severe) sprains.

Ligament - strong fibrous connective tissue, which connects two bones, or cartilages or holds a joint together

Hyperextension - forceful posterior movement of joint beyond its normal limits

RICER - rest, ice, compress, elevate, refer

Associated Conditions

- Carpal Tunnel Syndrome (CTS)
- Ulnar Tunnel Syndrome
- Wrist Ganglion Cyst
- Wrist Tendinitis

Get Help Now

Products

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