

## What is it?

Irritation and inflammation of tendon/s in the wrist, due to repetitive and excessive activity

## What causes it?

Overuse of wrist

## Symptoms

Pain, inflammation and restricted movement.

## Top Tips

Immobilise and Implement adaptive behaviours as soon as possible. Review repetitive stresses place upon wrist obtain equipment, which may alleviate symptoms

## How to Treat it

RICER. Immobilise. Painkillers and/or anti-inflammatories.



## Rehab

Rest. Wrist supports. Adaptive activity and ergonomic equipment.

## Definitions

**RICER** – rest, ice, compress, elevate, refer

**Ergonomic equipment** – furniture, tools or equipment designed for comfortable and effective use during activity

## Associated Conditions

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

## Get Help Now

### Products

Purchase sports injury products from Physique - [supports](#) or [braces, ice](#)

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### Services

Online Physical Therapy and Massage from Body Mechanics

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