

Patient Information

Trauma & Orthopaedics

Discharge Advice – Wrist Soft Tissue Injury



You have sustained a soft tissue injury to your wrist with no bony injury identified at the time of your assessment.

- This type of injury can take up to four weeks to heal.
- You may or may not have been provided with a wrist support for you to wear whilst using your arm.
- If you have been provided with a wrist support you should gradually reduce the use of the support as your pain settles and aim to remove it completely as soon as you feel able.
- It is important to keep the wrist moving to prevent stiffness.

We do not routinely follow up patients with this type of injury. However if at six weeks you are still experiencing pain and swelling then please do not hesitate to contact us for further advice or see your GP.

Initial Advice

Painkillers

You should have been advised about painkillers. We recommend that you take these regularly for the first few days both for your comfort and to enable you to move your wrist. It is important to keep gently moving your elbow, wrist and hand and gradually resume daily activities within the limits



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of discomfort. This will reduce stiffness and ensure the quickest return to normal function.

Initial Exercises



Finger and wrist flexion and extension

Open and close the hand of your injured wrist as shown 10-15 times.
Then move your wrist up and down 10-15 times.

After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain for five seconds and repeat ten times.

Should you have any worries or concerns following discharge from hospital, please contact:

Virtual Fracture Clinic Hotline: 024 7696 9237

(Monday to Friday 9am- 4pm)

Whilst the clinic is running, we are unable to take calls so leave a voicemail with your full name and number and you will receive a call back

For emergencies out of these hours please attend A&E.

Image sourced from Naughton, Nancy, Rehabilitation of the Hand and Upper Extremity, 60, 833-850 by Elsevier

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The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact **024 7696 9237** and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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