



## Trauma and 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 4 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 6 weeks you are still experiencing pain and swelling then please contact us for further advice or see your GP.

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



## Patient Information

### Exercises

#### Finger and wrist flexion and extension

Open and close the hand of your injured wrist 10 to 15 times.



Then move your wrist up and down 10 to 15 times.



## Patient Information

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

**Virtual Fracture Clinic Hotline: 024 7696 9237**

**(Monday to Friday, 9am to 4pm)**

We are unable to take calls while our clinic is running, but you can leave a voicemail. Please leave a voicemail with your full name and phone number and we will return your call.

For emergencies outside of these hours, please attend A&E.

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.

### **Did we get it right?**

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



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#### **Document History**

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