



The official fundraising arm of the  
Royal Alexandra Children's Hospital.

Our aim is to provide information that will help you understand  
your child's injury and enable the appropriate after-care.

There are lots of useful injury leaflets to download at the Royal  
Alexandra website; use the QR code below or follow the link:

[theroyalalex.co.uk/clinical-services/aandel/](http://theroyalalex.co.uk/clinical-services/aandel/)



**Useful numbers:**

NHS 111 - 24hr advice line  
Practice Plus (Brighton walk-in center/GP service)  
0333 321 0946  
8am/8pm - 7 days a week



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way  
intended to replace professional clinical advice by a qualified practitioner.

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Brighton and Sussex   
University Hospitals  
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the  
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Children's Emergency Department

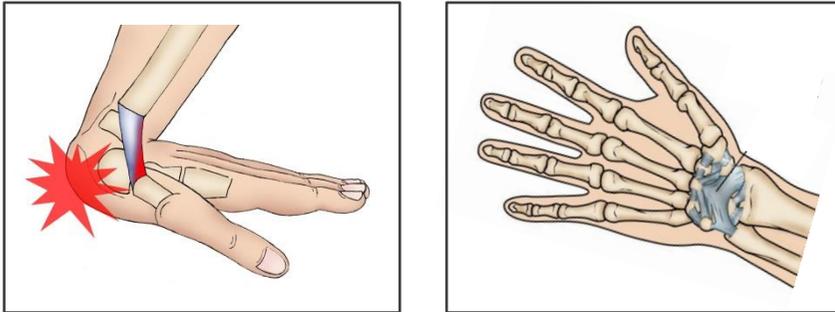


## Wrist Sprain

Information for parents, carers & relatives

## What is a wrist sprain?

A wrist sprain occurs when the strong ligaments that support the wrist stretch beyond their limits or tear. This occurs when the wrist is bent or twisted forcefully, such as caused by a fall onto an outstretched hand. Wrist sprains are common injuries and they can range from mild to severe, depending on how much damage there is to the ligaments.



## What symptoms can I expect?

Swelling, pain, bruising and tenderness to touch are all normal symptoms of a sprained wrist.

It is important to rest your wrist after the injury to allow your symptoms to resolve. Gentle exercises (see opposite) are important to strengthen your wrist and enable a normal range of movement. Sometimes, a splint is used to rest the joint in conjunction with your exercises; splints should not be worn for more than 2-3 weeks.

We also recommend taking regular pain relief such as paracetamol and/or Ibuprofen.

## Wrist exercises

Rest your forearm on a table and let your hand gently drop palm down over the edge. Gently assist the movement with your other hand. **Hold for 10 seconds and repeat 5 times.**



Next, gently push the palm of your hand back and extend until you feel a stretch. **Hold for 10 seconds and repeat**



Squeeze a soft ball, rolled up bandage or folded up socks in the palm of your hand. You can also twist a tea towel in your hands as if you were wringing it out. **Repeat 10 times.**

