Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Hand & Wrist Sprain

Version number: **2**
Last modified date: **12th November 2026**

Hand & Wrist Sprain

Patient Information

Fracture clinic

- Author ID: JD/LV
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- Version: 2
- Name of Leaflet: Hand & Wrist Sprain
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What is a sprain?

A sprain is a common injury to the soft tissues of the wrist / hand.

This can be caused by direct trauma i.e. falling onto the hand, through overuse or repetitive strain.

A sprain occurs when the ligaments and muscles become irritated resulting in pain and inflammation. Pain can also be felt in the forearm and hand, which is called referred pain.

Following a sprain the following symptoms can occur:

- Pain
- Swelling
- Bruising
- Reduced movement and stiffness

Advised treatment and aftercare

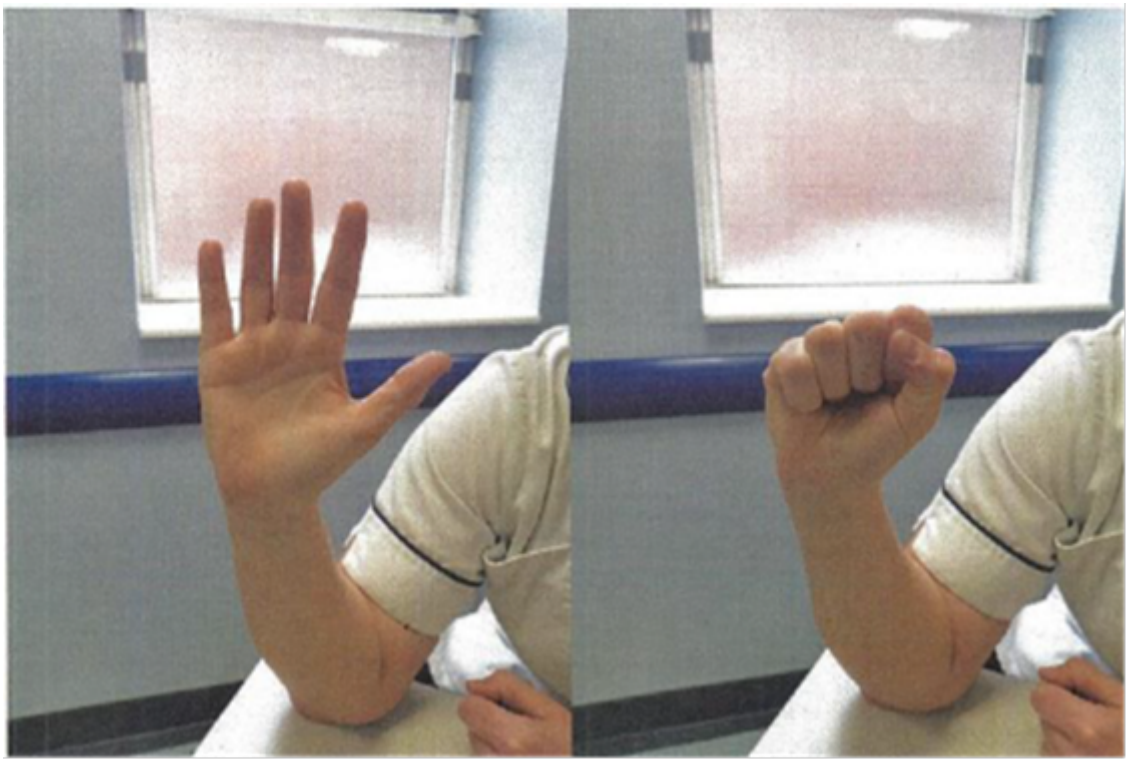
- Pain relief to be taken as prescribed / advised by your healthcare provider.
- Ice therapy- ice pack or frozen peas wrapped within a towel for 10-15 minutes, four times daily at site of injury can help to reduce swelling/pain.
- Using a pillow / pillows to elevate the hand / wrist can help with swelling.

- Resting the hand and wrist for the first 24 to 72 hours is advisable. Gentle movements are encouraged during this time.

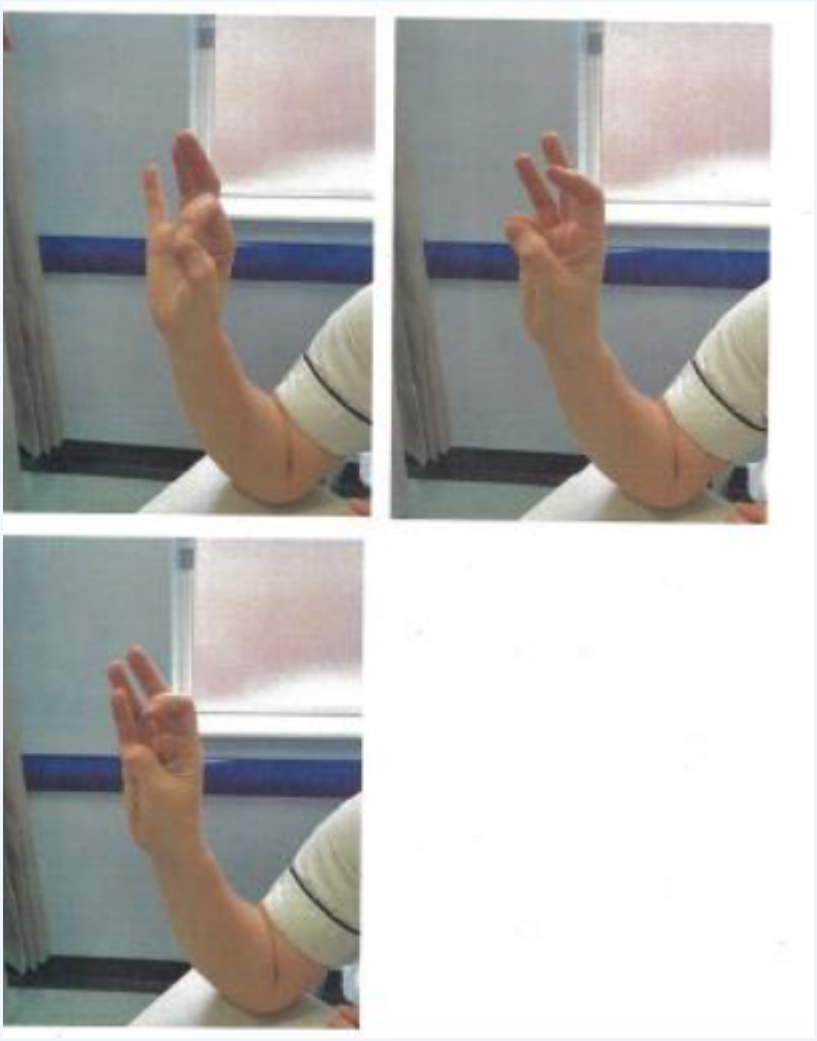
Exercises for your wrist

During the early stages of your injury it is advisable to avoid strenuous activities as this will aggravate the pain.

The following exercises will assist in your recovery.



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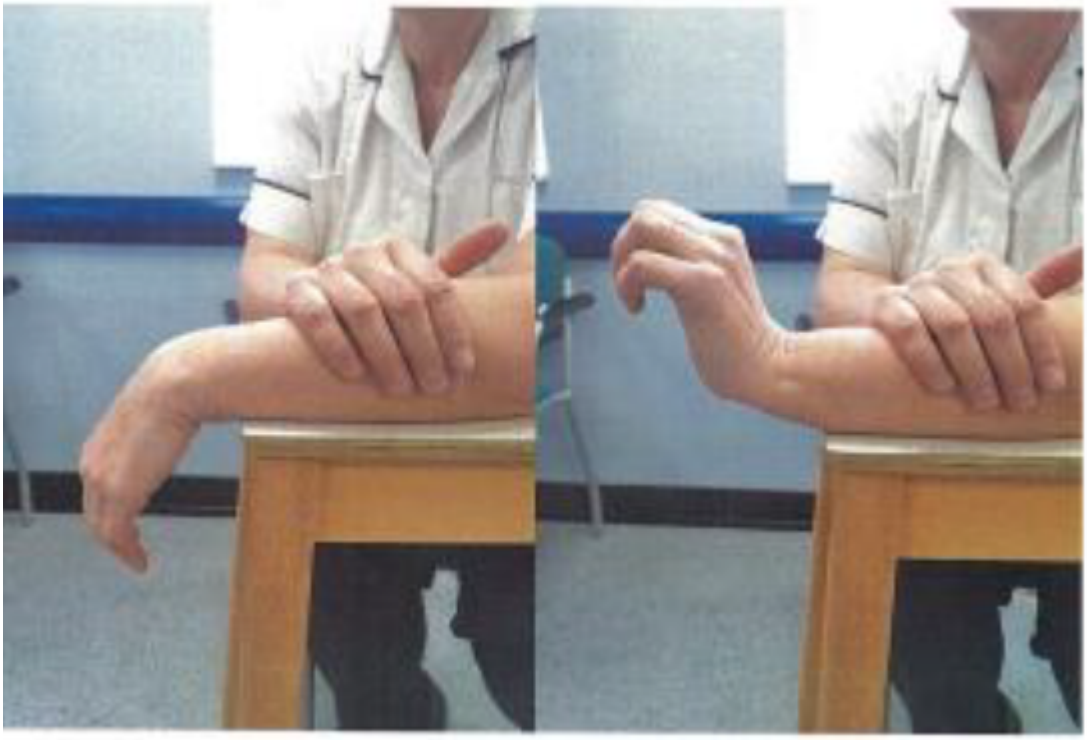


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General Advice

- It is important to reduce stiffness by keeping your wrist moving
- Early exercise leads to better recovery
- Avoid any physical activity that increases your pain
- Light activities such as washing, dressing, eating and writing are encouraged

If your symptoms are not improving or you have any concerns, please contact one of the following:

Fracture Clinic Physiotherapy Team telephone: 01942 822103

Fracture Clinic Nursing Team telephone: 01942 822109



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