



# WRIST PAIN

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**HOSPITAL**

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## WRIST PAIN INTRODUCTION / ASSESSMENT

Wrist pain can be due to a lot of reasons; it can be from trauma, soft tissue injury, repetitive movements, degenerative bone problems and others. Pain is one way the body tells you something is wrong and needs attention.

Soft tissue pain of the wrist is associated mainly to repetitive movements effecting tendons or nerves (ex. Tenosynovitis, Carpal Tunnel Syndrome) trigger finger.

Bone pain of the wrist is typically felt either the back( dorsal) or the front (Molar) side of the wrist and is usually felt deep in the wrist (ex. Trauma, instability/collapsed bone, cysts seated profoundly or in between the bones).

Join pain of the wrist is likewise classically felt deep in the wrist aggravated with specific movements from the joint may direct to more superficial pain (ex. Arthritis, joint Synovitis and secondary to ligament injuries).

The symptoms of pain may be intermittent or continuous, sharp, stinging, “like an electric shock”, stretching etc., chronic or acute, more pain with a specific movement Obviously Symptoms that wake the patient at night are of a particular significance and should be looked into. Pain coupled with swelling, redness, fever, burning or tingling sensations radiating to the tips of the fingers may be also associated with wrist pain.

### DIAGNOSIS

Initially, patients will be assessed in the clinic by the attending physician collaborated with radiographs or lab tests to formulate a diagnosis.

### PLAN OF ACTION

In the initial phase of treatment plan would be:

- Elevation, Ice application, Anti-inflammatories, Analgesics
- Immobilization/traction with home equipment's or with cloth
- If not remedied or getting worse by pain and symptoms, seek medical advice

### IN THE EVENT OF

- Soft tissue injury: Splintage, Anti-inflammatory, rest and avoid repetitive movements, Steroid injection, or surgery in severe cases
- Bone pain: Cast/splintage, elevation, ice, anti-inflammatory, worse case manipulation or surgical fixation
- Joint Pain: anti-inflammatory, rheumatoid medications, steroid injection, splintage, lifestyle and diet modification, surgery

### EVALUATION

- Soft tissue injury should recover with treatment in 1-3 weeks taper down from pain the least as well as the swelling
- Bone pain should subside in the next 3-4 weeks after treatment, numbness/tingling sensation may be experienced If there is any nerve compression apart from the bone problem, stiffness will be expected due to splintage/ cast but gradually becomes easier when range of motion is increased
- Joint pain should become easier 4-6 weeks after treatment. We must encourage the patient to be diligent in taking medicines, proper diet, life style modification and less movement over affected limb till inflammation subsides physiotherapy then after any injury is highly advised to gradually go back to normal activities.

### CONCLUSION

In conclusion, our wrist is an integral part of our body. Most of us we do not bother to have it checked unless pain is intensified. Proper knowledge for first aid, proper institution and doctor to consult for the issues are essential for a better diagnosis and care. Be aware that wrist pain is generally under treated.



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THE LOCATION

# Aster HOSPITAL

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