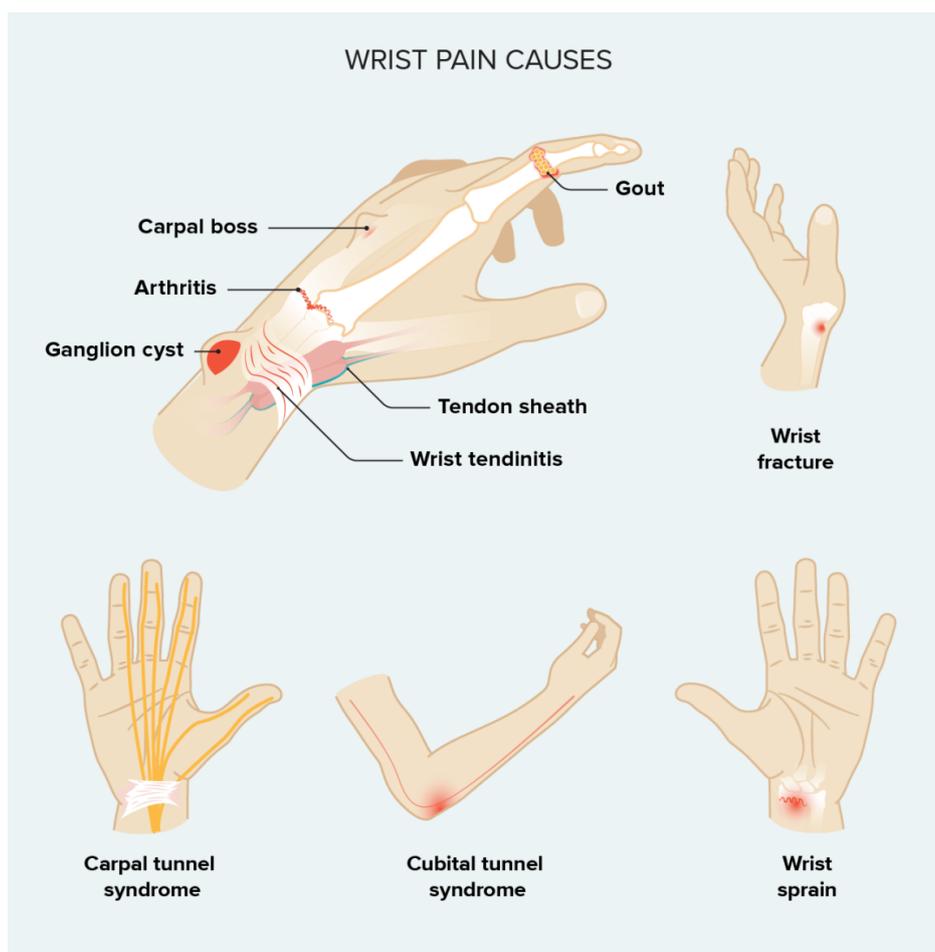


Wrist Pain in Adults



What is Wrist Pain?

Wrist pain is a common problem that can affect daily activities such as gripping, lifting, typing, or pushing. The wrist is a complex joint made up of bones, ligaments, tendons, and nerves, and pain can arise from any of these structures.

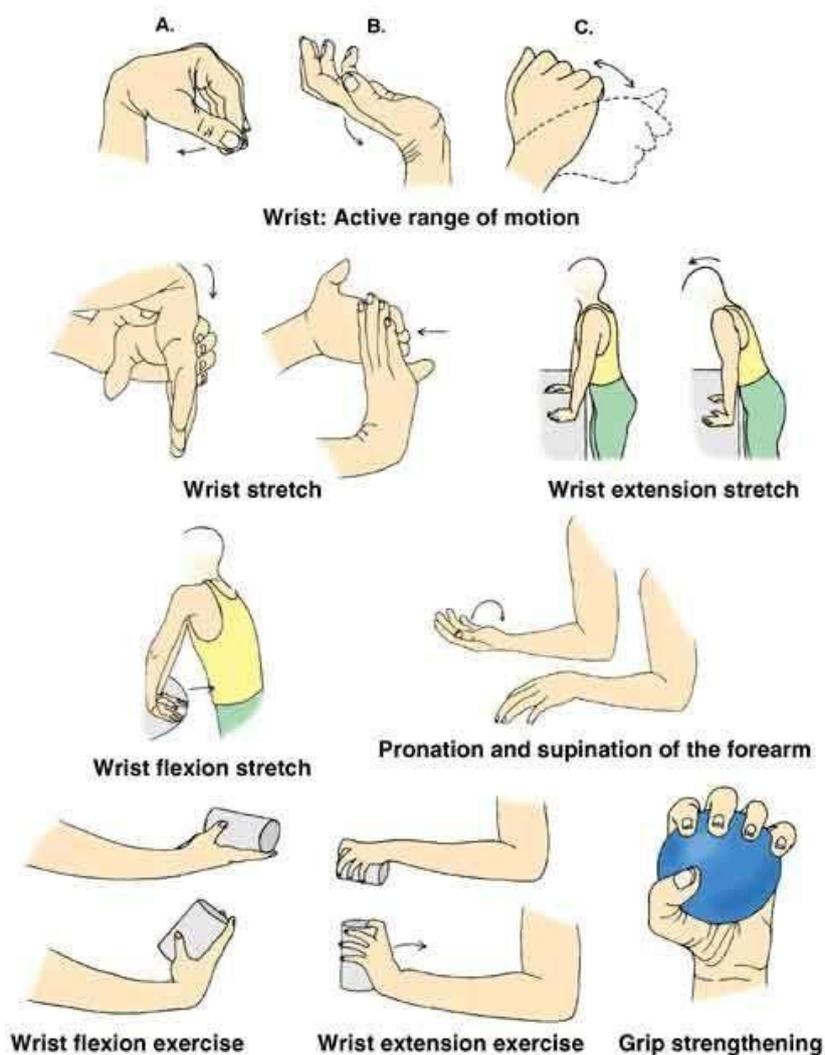
In many cases, wrist pain improves with **simple self-management and physiotherapy**.

Common Causes of Wrist Pain

Wrist pain may be caused by:

- Overuse or repetitive movements
- Sprain or strain
- Tendon inflammation (tendinitis or tenosynovitis)
- Carpal Tunnel Syndrome
- Arthritis (osteoarthritis or inflammatory arthritis)
- Previous injury or fracture
- Poor posture or work-station setup

Sometimes no single cause is identified.



Common Symptoms

You may experience:

- Pain or aching around the wrist
- Swelling or stiffness
- Pain when gripping or lifting
- Weakness or reduced movement
- Clicking or discomfort with movement
- Numbness or tingling (if a nerve is involved)

Symptoms may be worse with activity and improve with rest.

Assessment and Diagnosis

Diagnosis is usually based on:

- Your symptoms and activity history
- Physical examination of wrist movement and strength

Scans (X-ray, ultrasound, MRI) are **not always required** unless symptoms persist or there is concern about a fracture or arthritis.

Treatment and Self-Management

1. Activity Modification

- Avoid or reduce activities that worsen pain
- Take regular breaks from repetitive tasks
- Gradually return to normal activities

2. Pain Relief

- Paracetamol may help reduce pain
- Anti-inflammatory medication may be useful (if appropriate)
- Ice or heat packs (10–15 minutes, 1–2 times daily)

3. Wrist Support

- A wrist splint or support may help during flare-ups
- Avoid prolonged immobilisation unless advised

4. Physiotherapy

Physiotherapy may include:

- Wrist and hand exercises
 - Stretching and strengthening
 - Advice on posture and work ergonomics
 - Manual therapy if appropriate
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Exercises

Exercises are important to:

- Restore movement
- Improve strength
- Reduce stiffness
- Prevent recurrence

Your physiotherapist will advise suitable exercises. Mild discomfort is normal, but exercises should not cause sharp pain.

How Long Does Recovery Take?

- Most wrist pain improves within **4–12 weeks**
 - Recovery depends on cause, activity level, and adherence to advice
 - Ongoing exercises help prevent recurrence
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When Should I Seek Further Medical Advice?

Contact a healthcare professional if:

- Pain is worsening or not improving
- There is significant swelling or deformity
- You have persistent numbness or weakness

- Pain follows a fall or injury
 - You have night pain, redness, or fever
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Self-Care Tips

- Maintain good posture
 - Use ergonomic equipment at work
 - Warm up before activities
 - Pace tasks and avoid sudden increases in load
 - Continue exercises even after pain improves
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Key Message

Most adult wrist pain is **not serious** and improves with time, activity modification, and physiotherapy. Staying active and following advice supports recovery.