



WRIST PAIN

Pain, numbness or tingling in one or both wrists

ARTHRITIS

See page 124.

CARPAL TUNNEL SYNDROME

See page 46.

INJURY

Injuries to the wrist such as sprains, strains, dislocation and fractures can cause pain.

Symptoms:

- Painful wrist after an injury

DO:

- For muscle sprains and strains: use the PRICE method - protect, rest, ice, compress and elevate.
- Wrap an elastic bandage on the wrist to secure and reduce swelling.
- Use over-the-counter pain relievers to ease pain.
- Wear protective gear when engaging in sports.

DON'T:

- Don't overuse the wrist with repetitive or heavy activities.

OTHER CAUSES

Other causes may include ganglion cyst or tendinitis.

REFERENCES:

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(www.aad.org)

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