

Wrist Soft Tissue Injury

Fracture Care Team: Shared Care Plan

Trust Switchboard for both sites: 0300 131 4500
Fracture clinic and orthopaedic outpatient appointments:
Eastbourne 0300 131 4788
Conquest 0300 131 4861

This information leaflet explains the ongoing management of your injury.

You have sustained a soft tissue injury to your wrist. This means there is no bony injury but you may have hurt the structures around them.

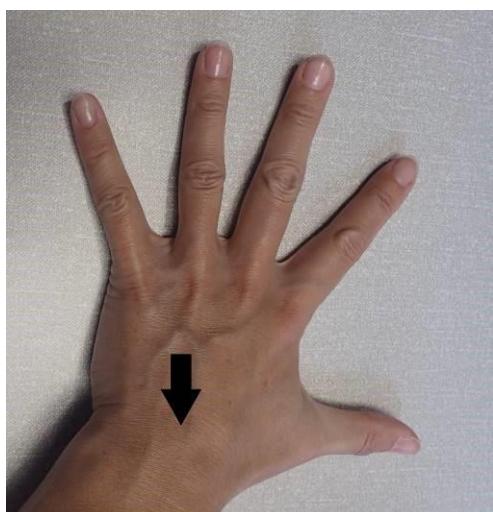
Healing: This normally takes approximately 2-4 weeks to heal. If you have been given a splint this is for comfort and doesn't affect the rate of healing.

Pain and swelling: Take pain killers as prescribed.

Using your hand: You may use the hand as pain allows.

Follow up: This type of injury heals well and you will not need a follow up.

Area of injury



If you are worried that you are unable to follow this rehabilitation plan,

Or if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

Or have any questions, please phone the Fracture Care Team for advice on the contact details provided above.

Please follow the Management / Rehabilitation plan outlined below –

Weeks since injury	Plan
0 - 2	<ul style="list-style-type: none">✓ Use the splint for comfort✓ You can take the splint off for sleeping if you prefer✓ You can gently start the exercises below to help get normal movement back in your hand.
2 - 4	<ul style="list-style-type: none">✓ Try to start doing normal activities without the splint (start gently)✓ The injury has healed.✗ Heavy tasks or lifting may be uncomfortable.
6	<ul style="list-style-type: none">✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.

Advice for a new injury**Cold packs:**

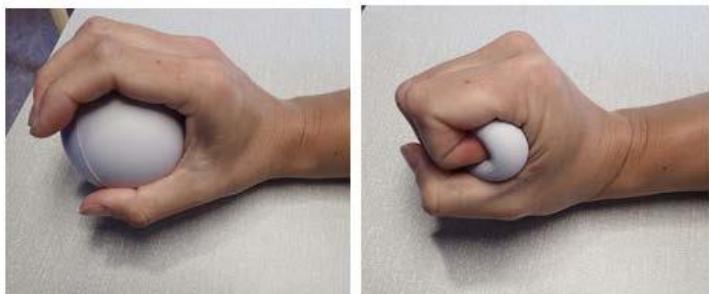
A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief.

Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

Exercises:

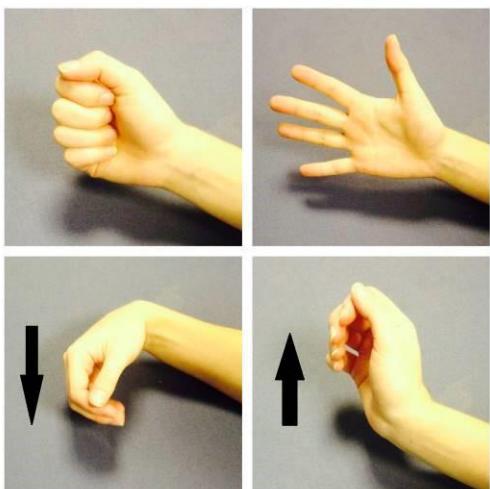
Squeeze a soft ball, playdough, plastic bottle or similar item.

Do this for 30-60 seconds



Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times.



After a few days, hold a soft ball / ball of socks.

Squeeze the ball as hard as possible without pain.

Hold for 5 seconds and repeat 10 times.

Sources of information

This information leaflet has been developed by the Fracture Care Team at Brighton and Sussex

University Hospitals Fracture Care Team and adapted for use at East Sussex Healthcare NHS Trust. Information updated during the COVID-19 pandemic to ensure that patients with injuries have information, support and care despite

social distancing.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

EMERGENCY DEPARTMENT

After reading this information are there any questions you would like to ask? Please list below and ask your nurse, practitioner or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Dr Danielle Vidler – Consultant and Clinical lead Emergency Department CQ

Mr Utham Shanker – Consultant and Clinical lead Emergency Department EDGH

The directorate group that has agreed this patient information leaflet:

URGENT CARE

Next review date: December 2027

Responsible clinician/author: Emergency Department Consultants

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk