

Wrist and Hand Pain

Information for Patients



This leaflet has been written to give you the right information about wrist and hand pain and what you can do to help with your recovery.

Why does my wrist/hand hurt?

Your wrist and hand are very strong and robust. They are very good at their jobs of pushing, pulling, lifting and gripping. They are very difficult to damage.

What causes wrist/hand pain?

Sometimes an injury, a change in your normal day-to-day activities or normal age-related changes can cause the wrist/hand to become sore.

What are the common symptoms?

Pain: As in the name, wrist and/or hand pain will likely cause discomfort in and around the wrist itself, sometimes travelling into the fingers and/ or thumb.

Stiffness: Your wrist/hand may feel stiff or tight. This might make simple things like gripping or manipulating small objects difficult e.g. doing buttons up or picking up coins.

Noises: Clicks, pops, clunks and grinds are very normal in all joints, including your wrist, and in most cases are nothing to worry about.

What can I do to help myself?

Calm it down: Often the best place to start with any painful complaint is to try and calm it down. In a lot of cases there will be things your wrist/hand likes to do and some things that it is less happy to do after your symptoms started. Calming it down simply means looking at the things it doesn't like and trying to make some adjustments or changes to make it easier for yourself.

For example, your wrist/hand might get more tired or painful than it used to if you're working on a computer or lifting/gripping something. It might be that taking more breaks, introducing some gentle movement whilst on the computer or changing your grip/reducing how hard you grip might make life a little easier whilst your arm is recovering.

Keep your wrist/ hand moving: Movement is medicine for your body. Any movement is good movement, even if it is sore, however if something is really painful then working around that movement is sensible.

Your arm is strong and that won't have changed since your symptoms started. Although it is sore, it remains robust and moving your arm as early as you can will help improve your chances of a better overall outcome.

Will it get better?

For most people, wrist/hand pain will not be a pleasant experience but reassuringly, it does have the potential to get better. By understanding the issue as best you can and by adjusting what is sore to then allow you to explore some exercise/s, is often the best formula for success.

If you would like to know more about wrist/hand pain or find a greater choice of exercises, you can explore our dedicated webpage.

Search online: [Norfolk and Waveney MSK services](#) 'wrist & hand pain'

Exercises



Sitting or standing: Keeping your forearm pointing up to the ceiling. Bend your wrist down and use the other hand to increase the stretch by pushing further. Follow this by pulling your wrist backwards and again, use the other hand to increase the stretch if needed.

Complete little and often throughout the day.



Sitting with your fingers together, elbows bent and your hand over the edge of a table/ your lap. Turn your hands over and back again, trying to keep your elbows bent. Try to keep the forearm of the arm you wish to exercise down on the table/lap throughout.

Complete little and often throughout the day.



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

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