

Wrist Strains

Diagnosis Explanation:

A **wrist strain** occurs when the **muscles or tendons in the wrist are overstretched or torn**, typically due to **repetitive wrist use, sudden overuse, or trauma**. It is different from a **wrist sprain**, which affects ligaments rather than muscles and tendons.

Symptoms:

- **Pain and tenderness** in the wrist, especially with movement.
- **Swelling and mild bruising** in the affected area.
- **Weak grip strength** and difficulty lifting objects.
- **Wrist stiffness, especially in the morning or after rest.**

Specific Work Modifications:

- **If your job involves typing or writing:** Use an **ergonomic keyboard and wrist support**, and take **frequent breaks**.
- **If your job requires manual labor:** Avoid **lifting, pushing, pulling, or using vibrating tools**. Use **adaptive tools with padded grips** if needed.
- **If your job is desk-based:** Keep the **wrist in a neutral position**, use a **soft wrist rest**, and avoid **leaning on the injured wrist**.
- **Avoid:** Repetitive wrist movements, excessive gripping, and prolonged strain on the wrist.

Specific Activity Modifications:

- **If you play sports:** Avoid **racket sports, weightlifting, and activities requiring wrist rotation (golf, baseball, tennis)**.
- **If you do yoga or Pilates:** Modify wrist-bearing poses (e.g., plank, downward dog) to reduce stress on the wrist.
- **If you play an instrument, knit, or garden:** Use **larger-handled tools** and modify grip positions.
- **Avoid:** High-impact activities, repetitive wrist twisting, and prolonged weight-bearing on the wrist.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for tendon and muscle repair.
- **Vitamin C** - 500mg daily to promote collagen synthesis.
- **Magnesium** - 300-400mg daily to support muscle relaxation and tendon health.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Turmeric (Curcumin)** - 500-1000mg daily for pain relief.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support tendon healing.
- **Eat Anti-Inflammatory Foods** (berries, leafy greens, turmeric, nuts) to reduce swelling.
- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain joint lubrication.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support tendon recovery.

Home Exercise Prescription (Rehabilitation for Wrist Strain)

Early Phase (0-2 Weeks, Reducing Pain & Preventing Stiffness):

- **RICE Protocol** - Rest, Ice (15-20 min, 3x/day), Compression, Elevation.
- **Wrist Splinting (if needed)** - Wear a **wrist brace for support**, especially during repetitive activity.
- **Gentle Wrist Stretching** - Extend arm, pull wrist back gently, **hold 20 seconds, 3x/day**.

Strengthening Phase (2-6 Weeks, Restoring Mobility & Function):

- **Wrist Flexion & Extension (Light Resistance Band)** - Hold a small weight, curl wrist up and down, **10 reps, 2x/day**.
- **Grip Strengthening (Soft Ball Squeeze)** - Squeeze a soft ball **5 seconds, repeat 10 reps, 2x/day**.
- **Wrist Ulnar Deviation (Light Resistance Band)** - Move wrist side to side against resistance, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Preventing Recurrence & Maintaining Strength):

- **Forearm Pronation/Supination (Light Resistance Band)** - Rotate forearm palm-up and palm-down, **10 reps, 2x/day**.
- **Wrist Circles** - Slowly rotate wrists in both directions, **10 reps, 2x/day**.
- **Thumb Opposition Drill** - Touch thumb to each fingertip, **10 reps, 2x/day**.

Helpful Books:

1. *The Healthy Wrist Handbook: Exercises & Treatments for Wrist Pain & Injury* - Dr. Ross Clifford.
2. *Overcoming Wrist & Hand Pain: A Self-Help Guide* - Susan J. Barnhart, PT.

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.