

# Wrist Sprain

## Symptoms

- Pain in the wrist
- Swelling and tenderness
- Bruising or discoloration
- Limited range of motion

## Severity

- Grading system (mild, moderate, severe)
- Importance of proper diagnosis

## Diagnosis

- Physical examination
- Imaging tests (X-ray, MRI)

## Treatment

- R.I.C.E. protocol (Rest, Ice, Compression, Elevation)
- Pain management (NSAIDs)
- Immobilization (splint or brace)
- Physical therapy exercises

## Recovery Time

- Mild sprains: 1-2 weeks
- Moderate sprains: 3-6 weeks
- Severe sprains: 6 weeks or more

## Complications

- Chronic pain or stiffness
- Reduced grip strength
- Risk of re-injury if not fully healed

## Prevention

- Proper warm-up before physical activity
- Strengthening exercises for wrist and forearm muscles
- Using protective gear during sports or high-risk activities

## Conclusion

- Importance of following treatment plan and rehabilitation
- Consultation with healthcare professionals for severe or persistent symptoms