



Smith & Thomas
Injury Rehabilitation Centre



Injury Conditions

Article: 7

Wrist and Hand Pain



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The wrist and hand are made up of many small bones and surfaces articulating together. These are all supported with small ligaments and to complete an action as simple as even waving involves all of these small parts to work and move together.

Scaphoid Fracture

This is one of the small bones in the hand and is often injured when falling. Instinctively you put your hands out to absorb some of the impact, but this causes excessive force being put through this small bone.

Symptoms

- Very localised pain.
- Pain when moving the thumb.

Carpal Tunnel

This develops when there's increased pressure on the median nerve as it passes through the carpal tunnel

Symptoms

- Dull ache.
- Pain often worsens at night.
- Weakness in fingers and hand.

Tendinopathy of the Wrist

This is common, and is often due to overuse, but can be treated with a number of different methods.

Symptoms

- Painful wrist.
- Swelling.
- Tenderness.