

Advice for wrist sprains or strains

You have had a wrist sprain or strain. It is important that you follow the advice below.

If you have any further questions or concerns, please do not hesitate to contact the hand therapy department.

Do

- ✓ Keep your arm/hand in the air to minimise swelling.
- ✓ Lift your arm above your head regularly to maintain shoulder movement.
- ✓ Bend and straighten your elbow regularly to maintain movement.
- ✓ Gently straighten and bend your fingers regularly to maintain movement.
- ✓ Use your hand for light functional tasks as you are able.
- ✓ Wear any supportive bandage that you have been provided with if it gives relief.
- ✓ Use ice wrapped in a towel for 5–10 minutes to reduce swelling and help with pain. Be careful as ice straight onto the skin may cause ice burns.

Don't

- ✗ Do not use your injured wrist for any heavy lifting or gripping.

What do I do if the pain does not go away?

If the pain in your wrist does not settle within a few days, please telephone the hand therapy department on 020 7188 4174 to make an appointment for further assessment.

Where is the hand therapy department located?

The hand therapy department is located at St. Thomas' hospital on the third floor of Lambeth wing. As you come out of the lifts turn right and then follow the signs past physiotherapy and round the corner to hand therapy.

Contact us

If you have any questions or concerns, please contact the **hand therapy department** on **020 7188 4174**, Monday to Friday, 8am to 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership