

# Wrist Strain

A wrist strain refers to an overstretching or tearing of the muscles or tendons around the wrist joint, usually due to overuse or acute trauma.

## Etiology

- Repetitive movements (e.g., typing, lifting, racket sports)
- Acute trauma (e.g., fall on outstretched hand)
- Forceful twisting motions
- Poor ergonomics during work or exercise

## Pathophysiology

- Involves microtears in the musculotendinous units
- Inflammatory response leads to pain and limited mobility
- May involve flexor or extensor tendons

## Clinical Presentation

- Diffuse pain around the wrist
- Swelling and tenderness
- Decreased range of motion
- Weak grip strength
- No instability (unlike ligament sprain)

## Diagnosis

- Clinical examination
- Rule out fractures or ligament injuries with:
  - X-ray
  - MRI or ultrasound (if severe or persistent)

## Classification (based on severity)

Grade	Description	Clinical Features
I	Mild strain	Slight overstretching, minimal pain
II	Moderate strain	Partial tendon tear, moderate pain/swelling
III	Severe strain	Complete rupture, severe pain, loss of function

# Treatment

Phase	Treatment Options	Notes
Acute (first 48-72 h)		

Immobilization if needed | NSAIDs for pain and inflammation |

Subacute

Physical therapy | Avoid re-injury, start strengthening |

Chronic

Activity modification | Consider bracing for repetitive tasks |

## Prognosis

- Excellent with early and appropriate management
- Most resolve in 2-6 weeks
- Risk of recurrence if not rehabilitated properly

## See also

- [Wrist sprain](#)
- [Extensor tendinitis](#)
- [Carpal tunnel syndrome](#)

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