

# YOUR GROUP23

## PATIENT HEALTH JOURNEY

### BECOME AN EXPERT: Wrist Sprain

A **wrist sprain** is a common injury that occurs when the ligaments in the wrist are stretched or torn due to a sudden twisting or bending motion. The wrist is made up of 8 bones, and the ligaments hold these bones together, providing stability to the joint. There are 20 ligaments of the wrist, but not all are prone to injury. Two of the more commonly affected structures are the **scapholunate ligament complex** and the **triangular fibrocartilage complex (TFCC)**.

The scapholunate ligament complex is an important structure located in the middle of the wrist. It connects the scaphoid bone with the lunate bone, providing stability and coordination during wrist movements.

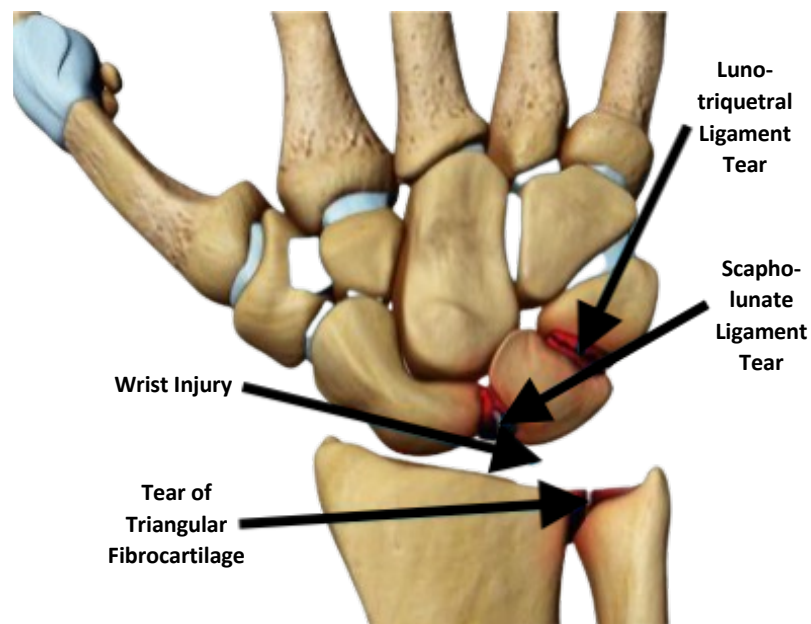
The TFCC is another vital structure that is located on the ulnar (little finger) side of the wrist. It acts as a stabilizer, providing support to the joint, facilitating smooth movements, and absorbing shock.

Causes of a wrist sprain can vary, but it is often the result of a fall onto an outstretched hand, a sudden twisting motion, or a direct impact to the wrist. Athletes, particularly those involved in contact sports or activities that involve repetitive wrist movements (e.g., football, baseball, and gymnastics) are at a higher risk of experiencing wrist sprains.

**Symptoms** of a wrist sprain include pain, swelling, and bruising around the affected area. There may also be difficulty in moving the wrist and a feeling of instability in the joint. In some cases, a popping sound may be heard at the time of injury.

Treatment for mild wrist sprains typically involves rest, ice, compression, and elevation (RICE). Nonsteroidal anti-inflammatory drugs (NSAIDs) may also be recommended to manage pain and inflammation. Emphasizing mobilization, which involves gentle movement and exercises, can aid in restoring wrist functionality and range of motion.

Moderate to severe wrist sprains may require the use of a supportive device such as a semi-rigid brace, soft lace-up brace, or a volar/dorsal forearm splint. These devices provide protection and support to the injured wrist, allowing the ligaments to heal. The specific type of brace or splint will depend on the severity and location of the sprain. Physical therapy may also be recommended to improve range of motion and strengthen the wrist muscles and ligaments. This can help to prevent future injuries and improve overall wrist function.



# BECOME AN EXPERT cont'd

In rare cases where the ligaments are severely damaged, surgery may be necessary to repair or reconstruct them. This is typically reserved for cases where conservative treatment has been unsuccessful.

## Why does this matter?

At Group23, we often see patients frustrated with their symptoms, lack of improvement, and the cost of ineffective treatments, products, and devices. Often the biggest issue we see with a diagnosis is the patient's lack of knowledge of the subject because no one has taken the time to explain what is truly happening! It's not enough to just know the words wrist sprain; it's important to us that you understand what it means!

Now that you know more about wrist sprains, we can address treatment options that support strengthening your muscles and restoring joint range of motion. No matter where you start, you can get to the point of less pain and improved functionality... **IF** you create SMART goals, utilize the options in your Toolkit, and commit to working proactively with your Group23 Health Journey team!

## Our care philosophy

We see treatment choices as a Patient Health Journey, and we take pride in being on this Journey with you the entire way. The most crucial part is becoming an expert and creating Rise Above goals specific to you and your lifestyle. Once your Group23 healthcare team understands your destination, we can accurately create a treatment plan that is fit for you!



Check out a free lifestyle assessment, available with the Health & Wellness team!



Surgery is a possibility, but a last resort option in the case of wrist sprains. We have a whole Toolkit of other options to try first!



Becoming an expert and setting a SMART goal ensures every treatment decision reflects your priorities, not ours!



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