

## Wrist Sprain



### Overview

When your wrist is bent too far, this can injure bands of tissue called "ligaments." Ligaments connect the bones of your hand to each other. They also connect the bones of your hand to the bones of your forearm.

### Causes

You can sprain a wrist by trying to catch yourself when you fall. Your hand bends backward too far. This hurts your ligaments. Most wrist sprains involve the scapholunate ligament.

### Symptoms

A wrist sprain can cause pain and swelling. Your skin may bruise. Your wrist may pop when you move it.

### Treatment

A mild sprain may get better with rest and ice. Wrapping it and keeping it raised may help. A moderate sprain may need a splint. A severe sprain may need surgery. Your healthcare provider can create a care plan that is right for your needs.

