

Wrist Pain

Common conditions and treatment information

This article will help you to identify some of the most common causes of wrist and hand pain with tips to help prevent and resolve these potentially disabling conditions.



Wrist pain is an extremely common complaint, and there are many common causes of this problem. It is important to make an accurate diagnosis of the cause of your symptoms so that appropriate treatment can be directed at the cause.

Injury to the sensitive structures of the wrist and hand, or inflammatory conditions such as bursitis or tendonitis often respond well to conservative physical therapy and chiropractic care. Conversely if left untreated, may require more invasive medical treatments such as injections or even surgery. The following is a partial list of conditions that we treat successfully at our office:

Tendonitis

Tendonitis is a common problem that can cause wrist pain and swelling. Wrist tendonitis is due to inflammation of the tendon sheath. Treatment of wrist pain caused by tendonitis usually does not require surgery.

Sprain

Wrist sprains are common injuries to the ligaments around the wrist joint. Sprains can cause problems by limiting the use of our hands.

If you are experiencing symptoms associated with Tendonitis or Sprain, call our office today to see how our techniques can benefit you. (908) 753-0144

Carpal Tunnel Syndrome

Carpal tunnel syndrome is the condition that results from dysfunction of one of the nerves in the wrist. In carpal tunnel syndrome the median nerve is compressed, or pinched off, as it passes through the wrist joint.

Arthritis

Arthritis is a problem that can cause wrist pain and difficulty performing normal activities. There are several causes of arthritis, and fortunately there are a number of treatments for wrist arthritis.

Fractures

A wrist fracture is a common orthopedic injury. Patients who sustain a broken wrist may be treated in a cast, or they may need surgery for the fracture.

When do you need to call your doctor about your wrist pain?

If you are unsure of the cause of your wrist pain, or if you do not know the specific treatment recommendations for your condition, you should seek medical attention. Treatment of these conditions must be directed at the specific cause of your problem. Some signs that you should be seen by a doctor include:

- *Inability to carry objects or use the arm*
- *Injury that causes deformity of the joint*
- *Wrist pain that occurs at night or while resting*
- *Wrist pain that persists beyond a few days*
- *Inability to straighten or flex the joint*
- *Swelling or significant bruising around the joint or forearm*
- *Signs of an infection, including fever, redness, warmth*
- *Any other unusual symptoms*

If you have experienced any of the above-mentioned conditions or symptoms, you may be a candidate for conservative therapy at our office.

*Give us a call to find out today **(908) 753-0144**.*