

### *Sprained Wrist Management*

#### **How do you heal a sprained wrist fast?**

Rest your wrist for at least 48 hours. Ice your wrist to reduce pain and swelling. Do it for 20-30 minutes every three to four hours for two to three days, or until the pain is gone. Compress the wrist with a bandage. Elevate your wrist above your heart, on a pillow or the back of a chair. as often as you can

#### **How to wrap a sprained wrist**

After your injury, apply ice to reduce swelling. Wrap an ice pack with a clean towel, then place it on your wrist for 20 minutes. Repeat two or three times a day.

You can also wrap your wrist with a [compression bandage](#) to minimize swelling. Here's how:

1. Place one end of the bandage on the inside of your wrist. Wrap around once.
2. Wrap the bandage across the back of your hand. Bring it up and diagonally over your palm, moving toward your thumb.
3. Place the bandage between your thumb and pointer finger. Next, bring it behind your fingers.
4. Bring the bandage diagonally across your palm and under your thumb.
5. Wrap the bandage across the lower back of your hand, over your wrist, then across the back. Wrap diagonally across your palm, between your thumb and pointer finger again.
6. Repeat wrapping diagonally across your palm, creating a crisscross. Repeat the crisscross toward your wrist and lower arm.
7. Use tape to keep the bandage in place.