

# Wrist Pain

A useful Web site on wrist pain is found at <http://www.nlm.nih.gov/medlineplus/ency/article/003175.htm> and is maintained by Medline Plus from the National Library of Medicine of the US Government. *“Health professionals and consumers alike can depend on it for information that is authoritative and up to date. MedlinePlus has extensive information from the National Institutes of Health and other trusted sources on over 650 diseases and conditions. There are also lists of hospitals and physicians, a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media, and links to thousands of clinical trials. MedlinePlus is updated daily and can be bookmarked at the URL: [www.medlineplus.gov](http://www.medlineplus.gov).”*

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## Wrist Pain

Wrist pain can be caused by a number of conditions including carpal tunnel syndrome, bone fracture, sprain, strain, tendinitis, bursitis, arthritis, and gout.

### ***Carpal Tunnel Syndrome***

Carpal tunnel syndrome can cause aching, burning, numbness or tingling in your palm, wrist, thumb or fingers, or can extend to your elbow. Sometimes, it may be difficult to grasp things using your thumb. It is caused when the median nerve is compressed at the wrist. Lots of typing on a computer keyboard may be associated with carpal tunnel syndrome.

Some of the things you can do for carpal tunnel syndrome include:

- Don't have your wrists bending upwards when typing.
- Take breaks every few minutes when an activity tends to cause the symptoms.
- Take anti-inflammatory drugs to help relieve symptoms.
- Try special mouse pads, keyboards, or wrist braces and see if they help.

### ***Other Causes of Wrist Pain***

An injury to the wrist can be associated with bruising and swelling. If a bone is broken the shape of your wrist may not look right and you may have trouble moving the wrist, the hand or a finger. Sprains, strains, tendinitis and bursitis can cause pain and swelling at the wrist. For a recent injury that does not require emergency care, keep your wrist elevated, apply ice, take an anti-inflammatory drug, and wear a wrist splint.

Contact a health care provider if your wrist, hand or a finger is misshapen or you can't move it, if you are bleeding significantly, or if you have fever or a rash associated with the wrist pain.

Arthritis of the wrist (such as osteoarthritis or rheumatoid arthritis) can cause pain, swelling and stiffness. Anti-inflammatory drugs can help.

Other causes of wrist pain are less common and may require different treatments.

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