Mayo Clinic News Network

Title: May Clinic Minute: Relief for achy wrists / Date: Dec 15, 2017

Intro: Between wrist sprains, carpal tunnel syndrome and arthritis, it’s easy to see why wrist pain is a very common ailment. But, there is a multitude of other achy wrist conditions too. “The problem is, it’s very confusing,” says Dr. Sanj Kakar, a Mayo Clinic orthopedic surgeon. “And one of the key things is that each of these is not mutually exclusive. If you treat the conditions individually, and don’t appreciate the spectrum of injury, that’s when you can get into some difficulty in terms of recovery.”

Where do you start in finding relief? Ian Roth reports for the Mayo Clinic News Network.

<table>
<thead>
<tr>
<th>Video</th>
<th>Audio</th>
</tr>
</thead>
<tbody>
<tr>
<td>// VIDEO</td>
<td>Orthopedic surgeon Dr. Sanj Kakar says wrists are one of the body’s most underappreciated load-bearing joints.</td>
</tr>
<tr>
<td></td>
<td>“Absolutely. Absolutely. If you think of your forearm, basically you have an ulnar bone and everything rotates around this.”</td>
</tr>
<tr>
<td></td>
<td>Add in the mechanics of gripping or heavy lifting when an injury exists …</td>
</tr>
<tr>
<td></td>
<td>“And they classically have pain right in this area and this is something that really causes them to stop from what they’re doing and sort of to seek treatment.”</td>
</tr>
<tr>
<td>Dr. Kakar says diagnosis involves isolating the problem to bones, cartilage, tendons ligaments or muscles, perhaps multiple tissues. If surgery is required, there are many minimally invasive options – although surgery can generally be avoided.</td>
<td></td>
</tr>
<tr>
<td>TITLE: Dr. Sanj Kakar Orthopedic Surgery Mayo Clinic</td>
<td>“Hand therapy with a dedicated hand therapist can work very well in doing stretching exercises, for example, ultrasound or conditions such as iontophoresis, those things can help. And in the majority of people, I would say, non-operative treatment is the way to go.”</td>
</tr>
</tbody>
</table>
ANCHOR TAG: Immediately after a wrist injury, Dr. Kakar says to remember the acronym RICE, which stands for rest, ice, compression with a wrap or splint, and to elevate the joint. Dr. Kakar says if wrist pain continues to get worse or lingers beyond a few days without improvement it’s a good idea to have it checked out by a healthcare professional.