

Wrist Sprains

Wrist sprains often occur when the athlete falls on an outstretched hand, causing the wrist either to hyperflex or hyperextend. Be certain that you have differentiated the

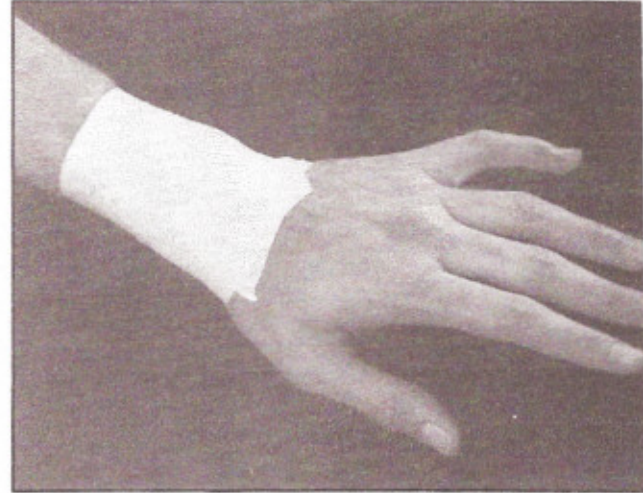
wrist sprain from a possible wrist fracture before allowing the athlete to return to competition.

Wrist Sprain Taping

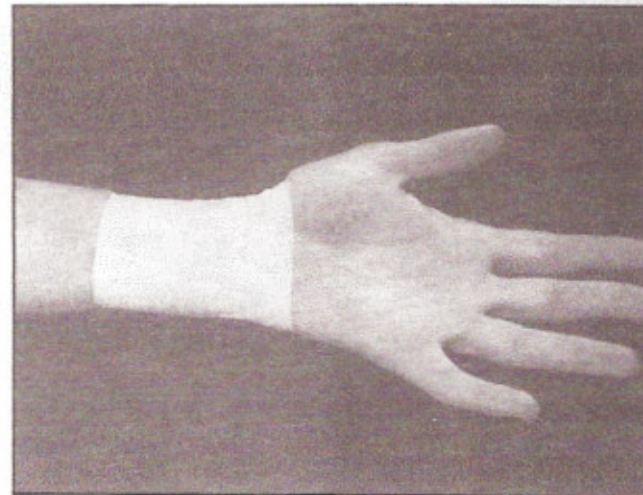
Determine if flexion, extension, or both elicit pain, and apply tape to limit the motion or motions producing discomfort. In some cases, only three or four strips of nonelastic tape around the wrist will be enough (Figure 7.2). However, preventing a greater range of wrist motion will require you to include the hand in the procedure.

Figure 7.2

Simple wrist taping procedure to limit motion without involving the hand (A-B).



A



B