Wrist Sprain

- Symptoms
  - Pain in the wrist
  - Swelling and tenderness
  - Bruising or discoloration
  - Limited range of motion
- Severity
  - Grading system (mild, moderate, severe)
  - Importance of proper diagnosis
- Diagnosis
  - Physical examination
  - Imaging tests (X-ray, MRI)
- Treatment
  - R.I.C.E. protocol (Rest, Ice, Compression, Elevation)
  - Pain management (NSAIDs)
  - Immobilization (splint or brace)
  - Physical therapy exercises
- Recovery Time
  - Mild sprains: 1-2 weeks
  - Moderate sprains: 3-6 weeks
  - Severe sprains: 6 weeks or more
- Complications
  - Chronic pain or stiffness
  - Reduced grip strength
  - Risk of re-injury if not fully healed
- Prevention
  - Proper warm-up before physical activity
  - Strengthening exercises for wrist and forearm muscles
  - Using protective gear during sports or high-risk activities
- Conclusion
  - Importance of following treatment plan and rehabilitation
  - Consultation with healthcare professionals for severe or persistent symptoms

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