

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B
Whittington Hospital
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659
The plaster room: 020 7288 5668

The emergency department at any other time
Phone: 020 7288 3304

[Patient advice and liaison service \(PALS\)](#)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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Wrist Sprain Injury

A patient's guide



You have sustained a wrist sprain: The x-ray did not show a fracture.

You have irritated the ligaments around your wrist, which means moving the wrist can be painful. The pain and swelling can take several weeks to settle.

You will have been supplied with a Futura splint to provide support and comfort to your injured wrist (as shown).

We suggest trying to move the fingers and thumb regularly so they don't get stiff.

This splint has Velcro straps and can be removed (please see our video for guidance – Living with your Futura splint: <https://www.whittington.nhs.uk/VFC>)

Recommended treatment is rest, elevation, ice and anti-inflammatories (the hospital will advise if you are safe to take these).

You should refrain from any contact sports or loading activities including driving until you have a pain-free wrist movement.

If you still have pain after 2 weeks, please call the clinic and we will offer you a consultation.

Please refer to the DVLA website regarding your fitness to drive if required.

A range of patient information leaflets and videos providing guidance and advice are available here:



Wrist Futura splint

Leaflet Written by R. Chammaa