

## Possible to sprain wrist from sleeping funny on it?

**Source:** <http://sci.tech-archive.net/Archive/sci.med/2004-08/3590.html>

---

**From:** Paula (*pokee\_at\_shaw.ca*)

**Date:** 08/30/04

Date: 29 Aug 2004 19:12:49 -0700

I had a nap on the couch today with my sick son for a couple of hours and my son was resting on my arm and my wrist was slightly bent back. When I moved it, it was stiff and sore. In the past few hours it's become a little immobile (but not too bad, just bad enough to hurt while typing and moving wrist up and down) and there is a bump developing near the hand to arm joint (on the side of my pinky finger – where there is a small round bone). There is no redness.

Is this a sprain of a wrist ligament? Should I go to the DR right away, or wait a couple of days to see if the bump goes down? I've read a brace may be necessary to prevent further injury – but I don't want to jump the gun and be a big baby about a sore wrist. Advice?

Thanks!

Paula