

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

**Source:** <http://sci.tech-archive.net/Archive/sci.med/2004-08/3592.html>

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**From:** Griffin (*nospam\_at\_here.net*)

**Date:** 08/30/04

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On 2004-08-29 22:12:49 -0400, pokee@shaw.ca (Paula) said:

> *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.*

In the absence of significant trauma, you've likely only sustained a mild ligament strain, which will be self-limited. Put some ice on it, take some Motrin (assuming you've no medical contraindications), and give it a few days.