



Move Well. Feel Well.

Wrist Pain In New Mummas



Why wrist pain common in new mums

During pregnancy, our body produces a hormone called relaxin. Relaxin creates ligament laxity throughout the body to help create space for the baby and assist with birth.

Ligaments assist with joint stability and can be a little more susceptible to injury or pain during this time.

With a newborn extra load is placed through the wrists from holding your precious little one for extended periods of time, placing the wrist at high risk of pain/injury.

Why is my wrist pain persisting?

Maintaining factors of wrist pain include:

- Repetitive strain from sustained postures (e.g. picking up and holding newborns)
- Returning to exercise which requires loading through the wrist after birth
- Fatigue from diminished & poor quality sleep impacts recovery
- Residue fluid retention or imbalance changes from pregnancy placing strain on ligaments/tendons in the wrist

How can osteopathy help with wrist pain?

Osteopaths are always looking for the cause of the problem. We want to know the specific reasons for your symptoms occurring in the first place so we can address both the cause and your discomfort.

This may include manual therapy to relieve strain and tension in your musculature and joints. In addition, you may receive stretch and strengthening advice to help address postural strain patterns. Recommendations around adjusting activities of daily living and work that may be contributing to your symptoms may also be given.

What is the likely progression of wrist pain?

After birth, relaxin is in our system for up to 5 months. As these hormone levels decrease our ligamentous stability should gradually increase and symptoms ease.

You may still experience symptoms after this time because there has been a repetitive load through this joint. With appropriate treatment and management, symptoms should ease within 4-6 weeks.

KEY POINTS

- Relaxin hormone influences ligament stability
- Relaxin is present up to 5 months postpartum
- The wrists experience increased load from picking up & holding new borns
- Osteopath can help with relieving tension through the arm & wrist and prescribe exercises to improve strength around the wrist
- When returning to exercise, gradual increase loading through wrists is advised



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Wrist Pain

Overcoming wrist pain and preventing it from occurring.

How to manage wrist pain at home

There are a number of things you can do at home to help you overcome wrist pain and relieve the discomfort. These can include:

- When you're holding your baby be aware of your wrist positioning. Try and keep the wrist in a neutral position so that it aligns with your forearm and isn't bent at awkward angles.
- Speak to your osteopath or a health professional about using a brace for short periods of time during the day.
- Use pillows to support your baby when feeding to reduce loading through the wrists.
- Self-massage of the muscles in the forearm with magnesium or arnica oil to release muscle tension around the wrist.
- Application of ice/heat may help to ease your wrist pain.
- Perform your prescribed exercises by your osteopath regularly.
- Talk to your nutritionist. Supplements such as collagen may help to improve connective tissue strength.

What can you do to prevent wrist pain when returning to the gym

Some things that you can do to help prevent wrist pain occurring while exercising include:

- Listen to your body when going back to the gym.
- Regress wrist loading exercises to reduce strain on this area e.g. plank with knees on the ground or on forearms.
- Gradually increase loading through the wrist during gym sessions.
- Take 1-2 minutes before a class to warm up your wrists - see exercise videos in the link below!

For more information...

Contact your osteopath at Whole Body Health & Wellness

Phone: 03 5200 10444

Email: info@wholebodyhealthandwellness.com.au

Web: www.wholebodyhealthandwellness.com.au

Click the link below for exercises to help ease wrist pain at home and at the gym

www.vimeo.com/wbhwhealth/wrist-pain