

Introduction to Wrist Issues

Physiotherapy in Canmore for Wrist

Welcome to the Active Life Physiotherapy's resource about your wrist.

Wrist injuries are very common because we use our hands and arms for so many of our daily activities, and if we fall, it's most natural for us to put our hands out to catch ourselves or break the fall. Overuse injuries in the workplace occur frequently in jobs that are repetitive, as in working on a computer or on a line in a factory. Sports injuries to the wrist occur often, they can happen in almost any sport, and are likely to keep you off the field or court while you are healing.

To help you to better understand wrist injuries, their rehab and possibly how to prevent them, we've put together a collection of resources for you to review. We hope you find them helpful, and feel free to ask your Active Life Physiotherapy therapist any questions you might have about something you've read.



Click on a link below to learn more about:

- [Wrist Anatomy](#)
- [Wrist Issues](#)
- [Surgery](#)