

# INFORMATION ABOUT WRIST PAIN FOR YOU AND YOUR MEDICAL CONSULTATION

## CLARIFYING THE CAUSE

Did you read about possible causes of your wrist pain on bauerfeind.com?  
Only a physician can confirm whether your suspicions are correct.

**That's why our recommendation is to contact your physician!**



## CHECKLIST FOR YOUR MEDICAL CONSULTATION

The more precise the information you can give your physician about your symptoms, the more effectively they will be able to help you. Use our checklist to make sure you don't forget anything during the conversation with your physician. Simply tick the boxes and answer the questions, then take the checklist along to your appointment.

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### WHICH HAND HURTS?

- The left hand                       The right hand                       Both hands

### WHAT LED TO YOUR PAIN?

- The pain appeared without major external impact
- The pain occurs when I move my hand a lot, especially when \_\_\_\_\_
- I had an accident                       during everyday activities                       during exercise                       at work
- where the following happened: \_\_\_\_\_
- I had hand surgery
- Other: \_\_\_\_\_

### WHAT PROBLEMS DO YOU EXPERIENCE EXACTLY?

- My wrist hurts at rest
- My wrist hurts when it's subjected to strain (e.g. when resting on it or supporting myself on it or when carrying heavy objects)
- My wrist hurts during gripping movements
- My wrist hurts when writing or typing using the computer keyboard
- My wrist hurts during certain movements, such as \_\_\_\_\_
- My wrist is swollen or swells up when I \_\_\_\_\_
- Other: \_\_\_\_\_

**HOW LONG HAVE YOU HAD THESE PROBLEMS?** Since: \_\_\_\_\_

## WHERE IS THE PAIN LOCATED?

- On the inside of my wrist
- On the outside of my wrist
- On my wrist toward the forearm
- Inside the wrist
- In the thumb area
- At the back of the hand
- In the palm area
- In a different place, specifically \_\_\_\_\_
- I can't describe it precisely

## WHAT DOES YOUR DAILY ROUTINE USUALLY LOOK LIKE?

- I work at the computer a lot, with a keyboard and mouse
- My work involves a lot of repetitive movements
- I often lift heavy objects at work
- During my spare time, I work with my hands a lot (e.g. DIY or gardening)
- I exercise moderately, specifically \_\_\_\_\_
- I exercise intensively, specifically \_\_\_\_\_

## HAVE YOU HAD PROBLEMS WITH YOUR WRIST IN THE PAST?

- No, not until now
- Yes, specifically \_\_\_\_\_

## HAVE YOU EVER TRIED TO DO SOMETHING ABOUT YOUR PAIN?

(E.G. COOLING, IMMOBILIZING, ANTI-INFLAMMATORY CREAMS)

- No, not until now
- Yes, specifically \_\_\_\_\_, with the result that \_\_\_\_\_

## IN CASES OF WRIST PROBLEMS: EXERCISE AND MANUTRAIN®

Depending on your indication, certain treatment methods are recommended, for example specific exercises, which the ManuTrain support can help you with. It boosts the healing process by stabilizing your wrist to suit the indication, for example in cases of injuries or irritation. In addition to immediate pain reduction, it will also help you in the long term and, with its three levels of stability, support you during the different stages of recovery.

Ask your physician about the ManuTrain so you can be given the relevant prescription.

You can also get yourself a ManuTrain without a prescription. Just visit a medical supply retailer near you. With a prescription, however, your medical insurance company will help you with a co-payment for the support.

