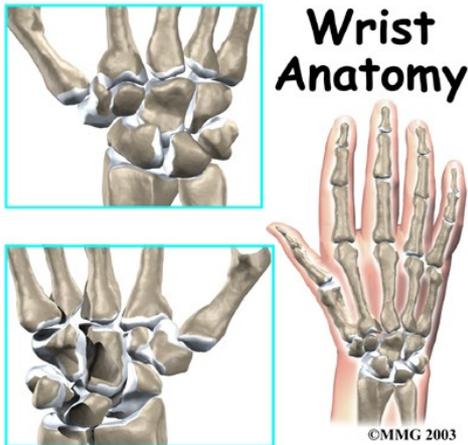


Introduction to Wrist Issues

Physical Therapy in Congress Park, Denver Downtown, Central Park, and Highlands Area for Wrist

Welcome to the Atlas Physical Therapy'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 Atlas Physical Therapy 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](#)

Hear from some of our patients who we treated for **Hand Pain**

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“ I would recommend Atlas Physical Therapy to anyone with a sports injury. After dislocating a finger playing soccer I was referred to Atlas and am glad I went. Karl and Matt do a great job and are fun...”
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around. I will definitely be back if/when my next injury happens. ”

Andy F

Denver, CO

[View all yelp reviews](#)

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“ Itâ’ s so great to have made such progress by my 3rd week of PT with Dillon and Tommy. Dillon listens well and made very appropriate assessments of my needs for my hand, arm and neck pain. He is... ”

“ Itâ’ s so great to have made such progress by my 3rd week of PT with Dillon and Tommy. Dillon listens well and made very appropriate assessments of my needs for my hand, arm and neck pain. He is very knowledgeable in his teaching and explaining rationale, and has excellent technique in his therapy. Tommy is great at explaining exercise techniques and effects. Both are very professional and personable and make the sessions very positive. I truly appreciate the outcomes we are achieving and highly recommend this PT team. ”

Christine S

Denver, CO

[View all google reviews](#)

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“ Atlas PT is a welcoming place that made me feel supported every step of the way. My team included Nikhil and Frank who--despite my own doubts--were able to get my wrist injury to a full recovery. I... ”

“ Atlas PT is a welcoming place that made me feel supported every step of the way. My team included Nikhil and Frank who--despite my own doubts--were able to get my wrist injury to a full recovery. I highly recommend them. They also gave me a preventative routine for my upcoming sports season. With insurance the cost was minimal so in my opinion going to Atlas was the best investment I could have made. ”

Teresa C

Denver, CO

[View all google reviews](#)

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“ I have had scoliosis since elementary school that I managed on my own while being active in sports. Once graduating and starting retail, my pain increased because I did not have good techniques to... ”

“ I have had scoliosis since elementary school that I managed on my own while being active in sports. Once graduating and starting retail, my pain increased because I did not have good techniques to help the pain or to even stand the â’ rightâ’ way. After working a labor intensive retail job and going to school for a computer degree, my body began failing me from dropping things to not being able to open my hands when I woke up. I did not go to the gym or walk anymore due to the pain all over my body. When I came here, I was very depressed and disappointed on where my young adult life was headed health wise. Jillâ’ s amazing personality matched with a lot of knowledge really helped me to open up and understand my body better. Why certain parts hurt or why I felt so twisted. The different stretches, workouts, and resting positions have helped me to work with my body to be in less pain and be able to manage the pain that will still come. I feel lighter physically and mentally.Â ”

Neon R

Denver, CO

[View all google reviews](#)

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“ I have been to a number of physical therapists for my wrist and both ankles after injury. I recently went to see Jeremy Bruhn at Atlas for a severe ankle and lower leg injury. I haven't had a better... ”

“ I have been to a number of physical therapists for my wrist and both ankles after injury. I recently went to see Jeremy Bruhn at Atlas for a severe ankle and lower leg injury. I haven't had a better PT experience anywhere. He was able to identify the issue and used acupuncture and stretching to loosen up my ankle and lower leg which made the whole area immediately feel better/more normal. I have been to a lot a PT offices where it seems like they structure your recovery plan to keep you coming back, this was not the case here. Jerney and his staff showed me daily exercises to move my recovery along at home and emailed me instructions for those exercises. I would recommend this facility and Jeremy to anyone who needs PT or even needs an assesment on something that doesn't feel right. ”

Travis G

Denver, CO

[View all google reviews](#)

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“ I would recommend Atlas Physical Therapy to anyone with a sports injury. After dislocating a finger playing soccer I was referred to Atlas and am glad I went. Karl and Matt do a great job and are fun... ”

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Andy F

Denver, CO

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“ By far The BEST place to go for physical therapy, I was in a terrible car accident Mother's Day 2014 and suffered injuries to my left knee, a shattered left wrist, 2 broken bones in my left arm, and... ”

“ By far The BEST place to go for physical therapy, I was in a terrible car accident Mother's Day 2014 and suffered injuries to my left knee, a shattered left wrist, 2 broken bones in my left arm, and a shattered right ankle. I have hard ware in my right ankle to where it was on the verge of being fused together if it wasn't healing properly, my surgeon told me I'd never run again. I was in a wheel chair for 4 months couldn't even use the restroom alone at first. July of 2014 I started seeing Alex for my wrist, I was back up using my left arm in no time! Then in August I was cleared to try to walk from my surgeon, Alex had me working to strengthening my leg back, before I knew it I was walking with crutches, then one crutch and then a cane! By November 2014 I was able to walk on my own with no help! I continued to see Alex until May 2015 a year from my accident and it was absolutely astonishing to see the growth, Alex then had me working towards our goal of running something my surgeon told me I'd never do again, Atlas physical therapy helped me achieve my life back! It is now March 2016 and I CAN RUN!!!!!!!!!!!!!! PRAISE GOD FOR ALEX AND ATLAS PHYSICAL THERAPY! I highly recommend them to ANYONE who wants to leave there better then they started off! Alex works wonders! The staff is amazing, Angela is a pleasure to work with,she always got me in and made sure I was seen and even kept my son occupied during my

appointments! If you want results Atlas PT is the place to be!!!!!! ”

Jordan H

Denver, CO

[View all google reviews](#)

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