

Review on: What are the Best Wrist Braces and How do they Help?

Divya Priya*

Department of Physiotherapy, M. S. Ramaiah Medical College, Bengaluru, India

Introduction

Wrist braces help limit movement by protecting, stabilising, and supporting your wrist in a neutral position. Carpal tunnel syndrome is caused by pressure on the median nerve, which is relieved with several wrist braces (CTS). Wrist braces can also help with pain, stiffness, and inflammation caused by repetitive strain injuries or disorders like arthritis or tendonitis. They can also assist you in recovering from an injury or surgery [1].

It's always a good idea to check with your doctor before using a wrist brace to ensure that it's right for you.

How can Wrist Braces help?

Wrist braces keep your wrist in a straight position and reduce irritating movements. This aids in the relief of wrist discomfort and inflammation caused by repeated movements and disorders such as CTS. They can also assist you in recovering from an injury or surgery [2].

In the case of CTS, immobilising your wrist with a wrist brace relieves pressure on the median nerve. Because CTS symptoms are more common at night, you may need to wear a wrist brace in the evenings or while sleeping. It's a good idea to talk to your doctor before wearing a wrist brace for an extended period of time [3].

How We Choose Wrist Braces?

We used the following criteria to choose the finest wrist braces:

- Support for the wrists. Braces that support the wrist in a neutral position were chosen.
- A variety of sizes. Adjustable braces and braces in various sizes are available in our inventory.
- Comfort. The wrist braces on this list are made of sturdy materials and are lightweight and breathable.
- Price. We included wrist braces that are both high-quality and cost-effective.
- Feedback from customers. The wrist braces on this list have mostly positive customer reviews.

What to Look for in a Brace for your Wrist

When purchasing a wrist brace, there are a few things to keep in mind. It's critical to choose a wrist brace that is appropriate for your symptoms, lifestyle, and daily activities.

Consider the following factors when narrowing down your options:

- Feedback from customers: Read internet reviews to obtain a sense of consumer happiness as well as the efficiency and durability of the product.

*Address for Correspondence: Divya Priya, Department of Physiotherapy, M. S. Ramaiah Medical College, Bengaluru, India, E-mail: Divyap12@gmail.com

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- Material: Choose a breathable, soft fabric that is easy to wash, keeps you cool, and keeps moisture and odour at bay.
- Comfort and fit: The brace should be supportive and comfortable. Choose a design that can be adjusted or that comes in a variety of sizes.

Mobility: Look for a wrist brace that restricts enough of your range of motion to prevent overuse injuries and strain on the median nerve. It must also allow you enough mobility to carry out your daily tasks. If you only plan to wear it at night, a less restrictive brace that allows blood flow may be preferable [4].

Uses: You might want to get a different wrist brace for working and sleeping, or for days when your symptoms are getting worse.

Precautions

- As long as you follow your doctor's instructions, wrist braces are generally safe to use.
- There are a few things to keep in mind, including the following:
- Your wrist brace should be loose enough to allow for blood flow and comfort.
- Avoid wrist braces that irritate, pinch, or chafe your skin.
- Avoid latex-containing braces to avoid an allergic reaction.
- Don't wear your wrist brace all of the time because it can weaken your muscles.

How long a brace should be worn?

The length of time you should wear a wrist brace is determined by your symptoms, the time of day they occur, and the activities you intend to engage in. Most importantly, listen to your doctor's advice.

When you first begin wearing a wrist brace, only use it for a few hours at a time during your most strenuous activities. Wear the brace for longer periods of time over the next few days. You can wear a wrist brace all night if you wear it at night.

If the brace causes you any discomfort, make sure to take it off.

How Tight should a Carpal Tunnel Wrist Brace be?

If you're treating carpal tunnel syndrome with a wrist brace, it should be comfortable while still providing support and stability. If you notice loss of circulation, numbness, or tingling, loosen or remove your wrist brace [5].

If the brace irritates your skin or makes it difficult to move your wrist or fingers, loosen it until you are satisfied. Your everyday activities should not be hampered by a wrist brace.

When should you see a Doctor?

If your symptoms from carpal tunnel syndrome or another condition don't improve or worsen after a few weeks of using a wrist brace, consult your doctor. They may recommend a new design or therapies such as wrist or nerve gliding exercises, NSAIDs, or corticosteroid injections.

Alternative therapies such as acupuncture, chiropractic care, and yoga may be recommended by your doctor, depending on your needs. If non-invasive therapy fails to relieve symptoms within three months, surgery may be considered.

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