

Introduction to Wrist Issues

Physical Therapy in Canton for Wrist

Welcome to the BodyFit 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 BodyFit 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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“ Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see someone who can address all the pain I was experiencing and not just one specific area. I like how I got 1:1 attention for a full hour. I noticed an improvement almost immediately. She's extremely personable and so smart. Sessions with her are worth every penny and I look forward to coming back whenever I need a little tune up. ”

Richelle W

Canton, CT

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“ I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. She goes out of her way to do whatever she can to help you. I couldnâ’ t say enough about her. I would recommend her to anyone. She is outstanding! ”

Carrie

Submitted on website directly

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“ I had been having trouble with my knees for over a year. I had to stop running altogether and was having trouble doing the WOD's at the gym. I had been to two surgeons, cortisone shots and physical therapy already and didn't know what else to do. Surgery wasn't an option and I wasn't ready to give up. I read an article about BodyFit and Cindy and decided to give it a try. I was hesitant at first because BodyFit is out of network for my insurance and I didn't know if it would be any different from what I already had done. It was definitely worth it! I signed up for a series of treatments and my knees started feeling better. The pain I experienced everyday and especially at night started to go away. I am working on adding more exercises that I never thought I would be able to do again. Cindy is very knowledgeable and really listens to you. She sets up a plan customized just for you. I never felt rushed and she never looked at the clock. She only takes one person at a time. Most importantly, she truly wants to help you and get you back to whatever it is you are trying to do. My knees are still a work in process but I feel I wouldn't have come this far without her help. ”

Kris K

Submitted on website directly

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