

Single-hand Wrist Hold

If a patient you are caring for grabs your wrist and holds on, use the protective release technique below to manage the situation and avoid injury.

1. Control

- Make your hand like a blade by fully opening your hand (fingers straight and thumb pointing up) as shown in the first photo below. This helps protect you from injury and makes it easier to gain release.
- Lightly grasp the patient's wrist/arm with your free hand. This helps you control the timing of the release and avoid other potential injuries like scratches.

2. Isolate

- Move away from the patient's free hand side. If you can't move, block their leg(s) or feet with your leg or foot. This will protect you from other threats, such as kicks, punches or bites.
- Keep a wide stance for balance and strength.
- Keep your hand like a blade and continue holding the patient's wrist/arm with your free hand.

3. Release

- Twist your wrist so that your thumb is lined up with the space between the patient's thumb and pointer finger. This opening is the weakest part of the grip.
- With your thumb at the opening, remove your hand from the patient's grip.
- Once loose, step away from the patient and remove your free hand from the patient's wrist.

To reach a positive outcome, always:

- **Stay calm.**
- **Attempt to get assistance** from a co-worker.
- Follow steps to **control, isolate** and **release**.

Remember:

- **Immediately report** all details of aggressive verbal or physical patient behavior to your manager.
- **Update** medical records to warn other caregivers of past aggressive behaviors.
- **Practice** this technique with co-workers to build confidence.



Twist your wrist to line up your thumb with the space between the patient's thumb and pointer finger.



Holding the patient's wrist or arm helps you control the timing of the release.



With your thumb at the opening, remove your hand from the patient's grip.

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