

Two-hand Wrist Hold

Although a two-hand wrist grab is not as common as a one-hand grab, you still need to be prepared for this situation by learning the protective release technique below.

1. Control

- Move one of your feet back and keep a wide, balanced stance for strength and stability as shown in the first photo below. Using the correct stance will help with the release later.
- Reach between the patient's two hands with your free hand and firmly grasp/take hold of your other hand.
- To protect your wrist, tightly wrap your fingers around your thumb. Be sure to keep your thumb facing up.



Two-hand wrist hold.

2. Isolate

- Keep as much distance as possible between you and the patient and avoid leaning forward toward the patient.
- Block the patient's leg(s) or feet with your other leg or foot. This will protect you from other threats, such as kicks, punches or bites.

3. Release

- Keep your wrist straight.
- Bend your elbow while pulling up and across your chest.
- For more power, rotate at the hips.
- As the patient's hold weakens, pull your wrist free and step away from the patient.



A wide, balanced stance with one foot back provides stability.



Use your free hand to firmly grasp your other hand.



Keeping your wrist straight, bend your elbow and pull up and across your chest.

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.

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