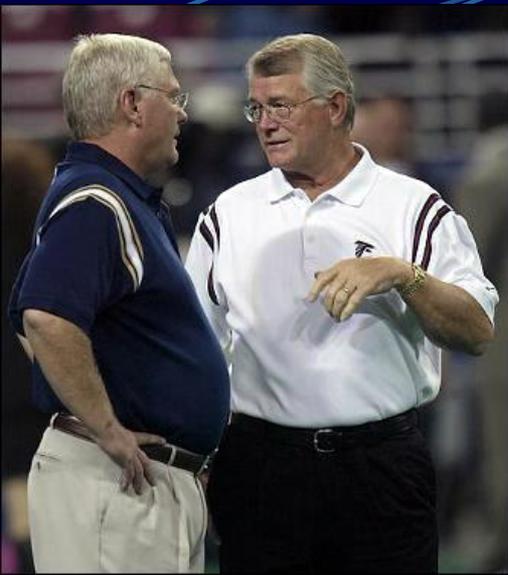




Coach's Course



Hand and Wrist



Pet peeves

- The hand is frequently under treated or over treated just because it is small.
- There is an idea that the hand can be treated at a later date.
- All you need is a pop-sicle stick and tape and you have treatment.
- If the x-ray is negative, there is nothing wrong with the hand.

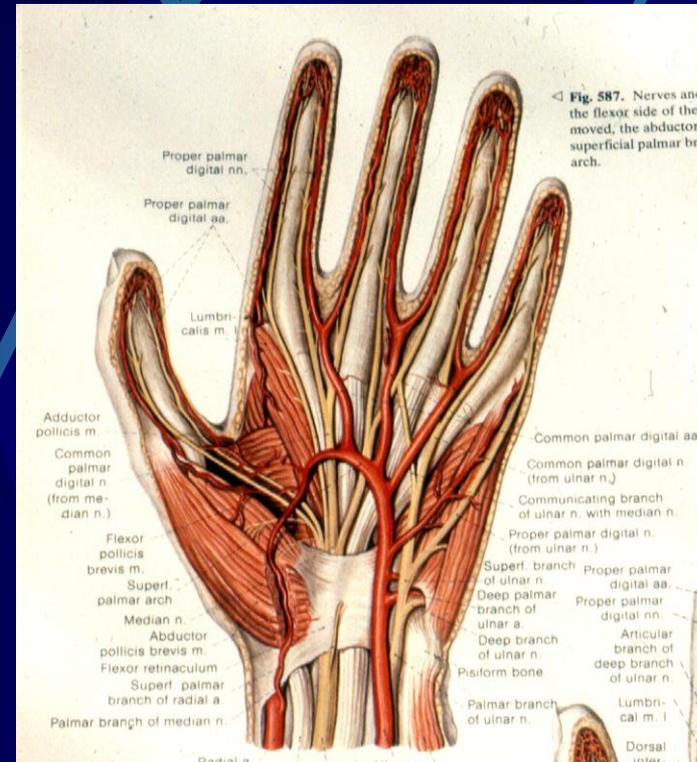
Pet Peeves-2

- The “jammed” finger.
- Haagen Daz treatment

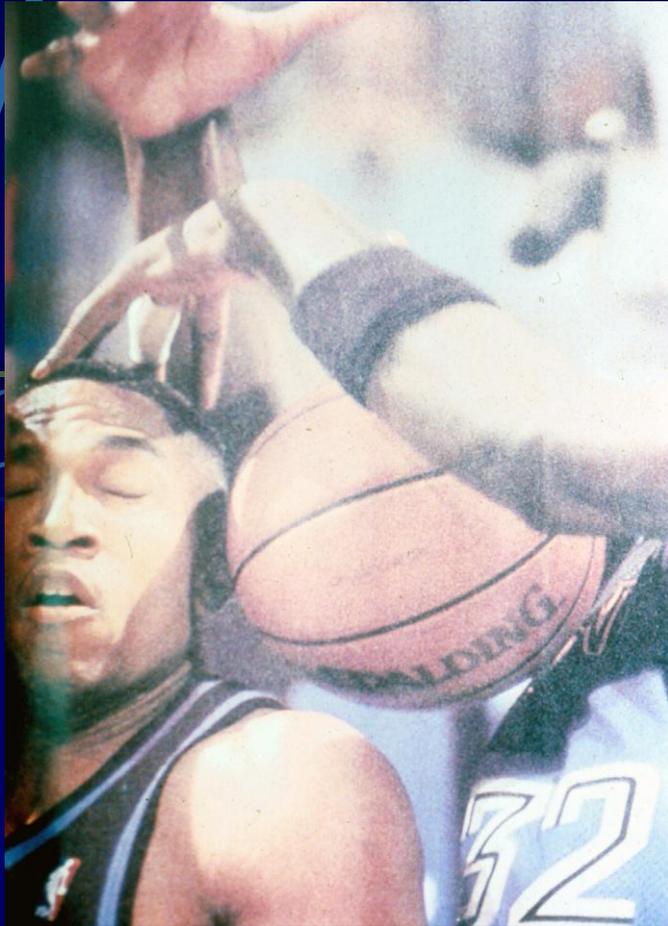


The Multi-System Hand

- Skin (nail)
- Bone
- Nerves
- Blood vessels
- Tendons
- Ligaments



The hand gets into the most amazing places!



Skin and Bone “small ball”





Wrist Fractures

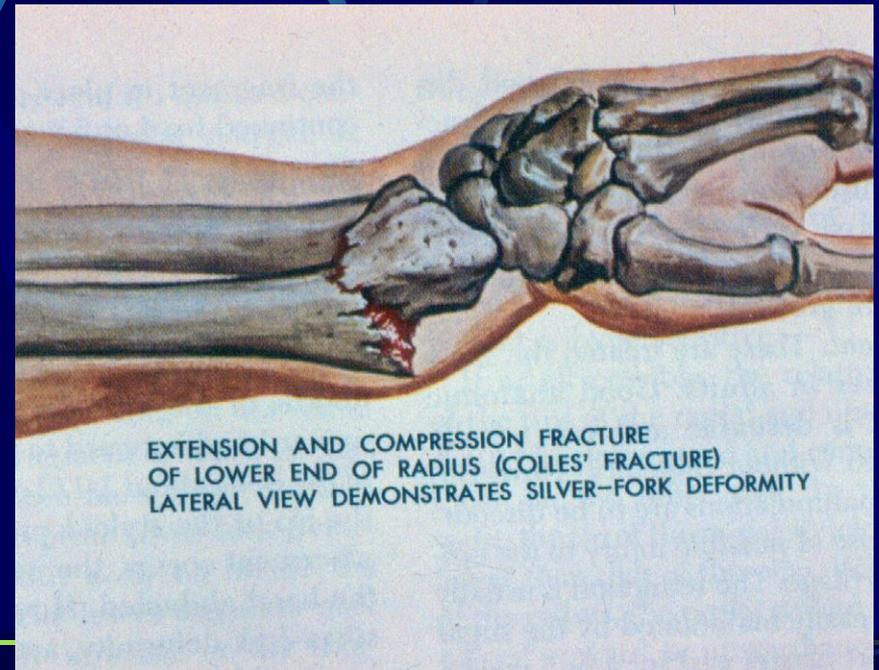
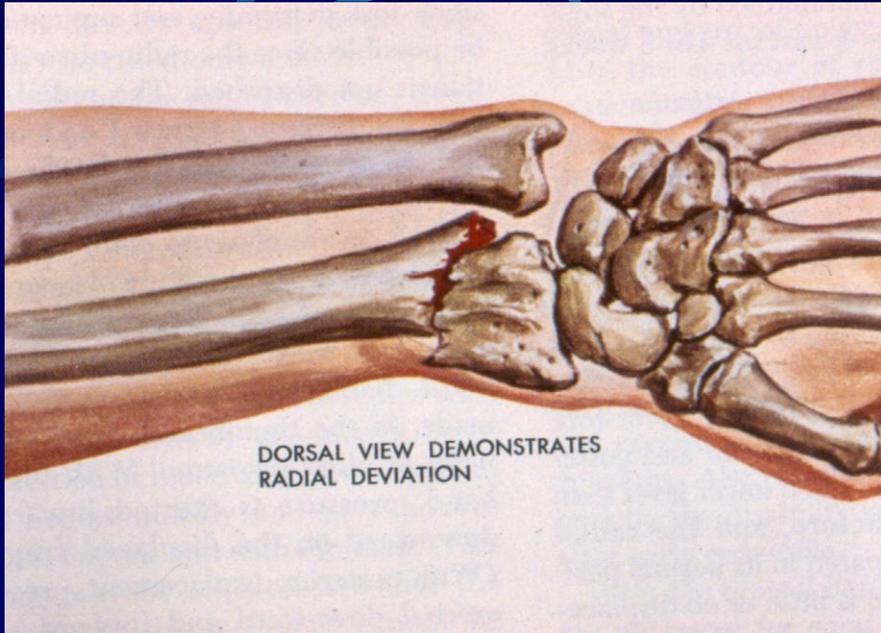
Mechanism of injury: fall on outstretched hand



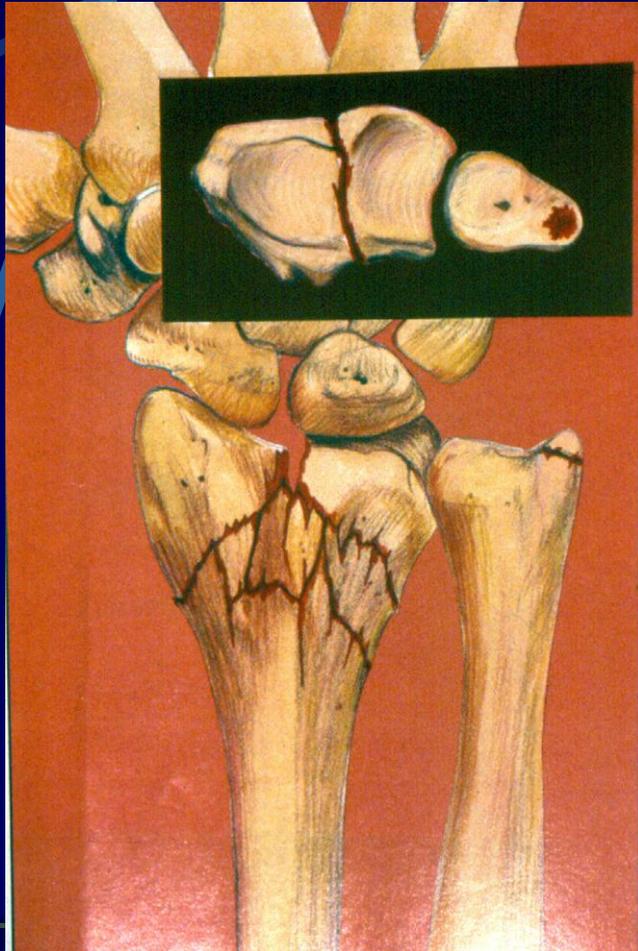
“Dinner- fork” deformity



Fracture anatomy



High Energy injuries



- Many pieces
- In the joint
- Will need surgery
- Can be career ending
- Late arthritis



Typical x-rays

● Pediatric



● Adult



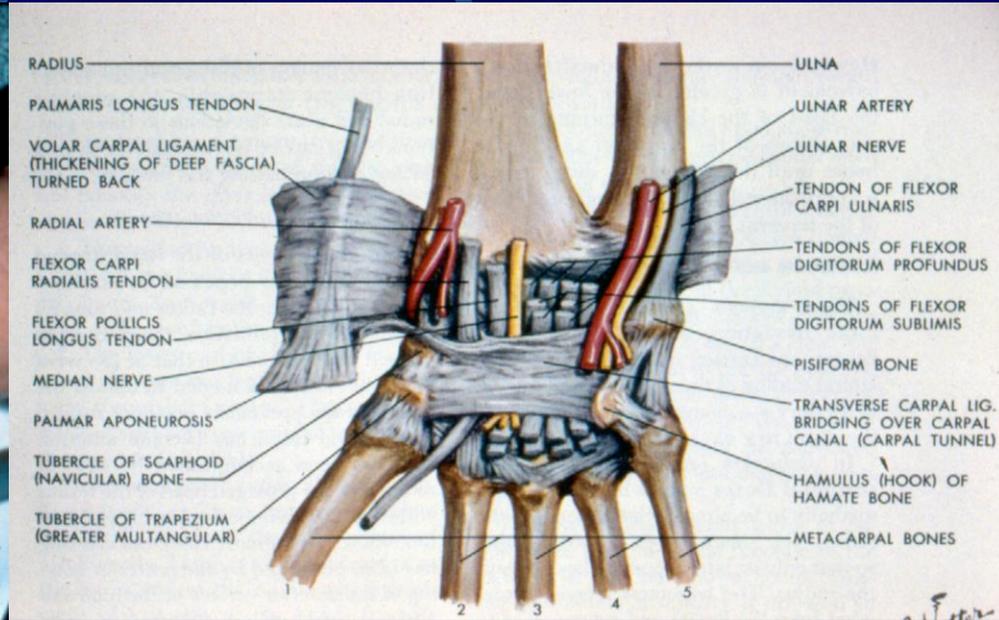
Forearm Fractures

- Gross deformity : Check circulation and sensation.
- Splint as is !! Don't try to fix !!!!

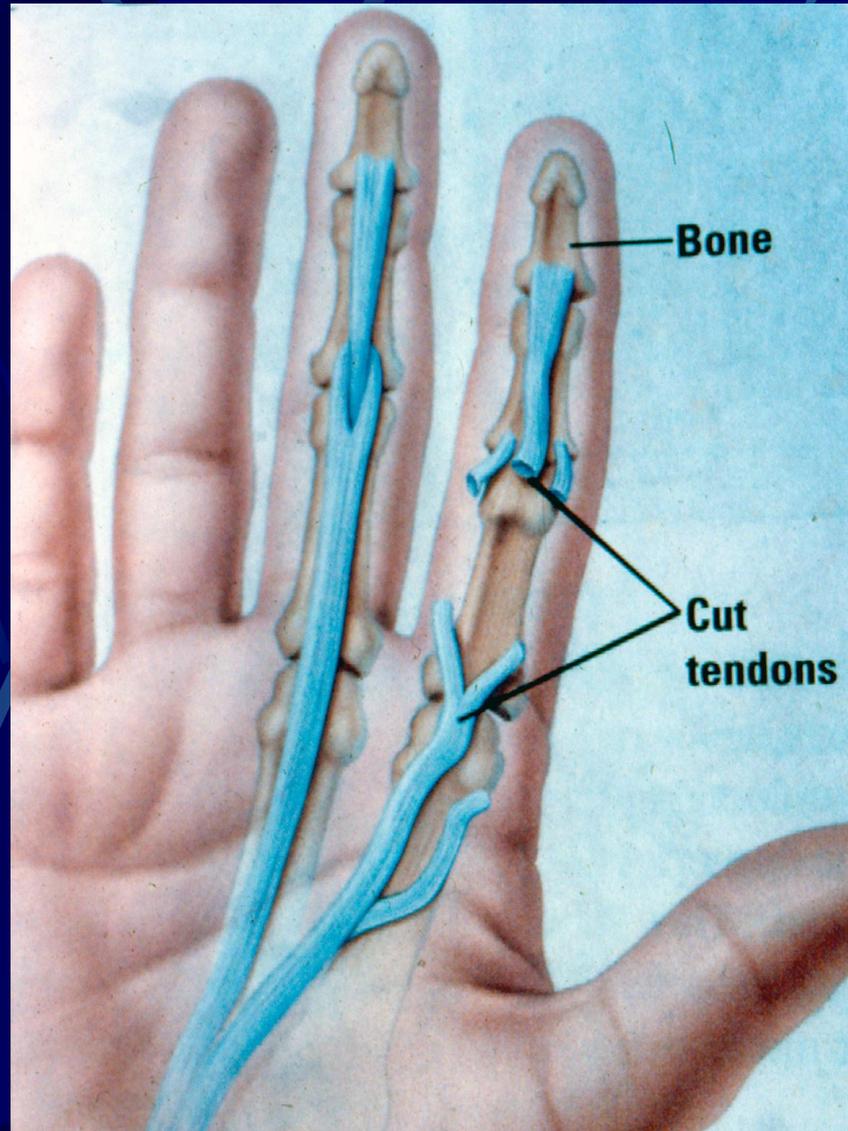


Open Fractures

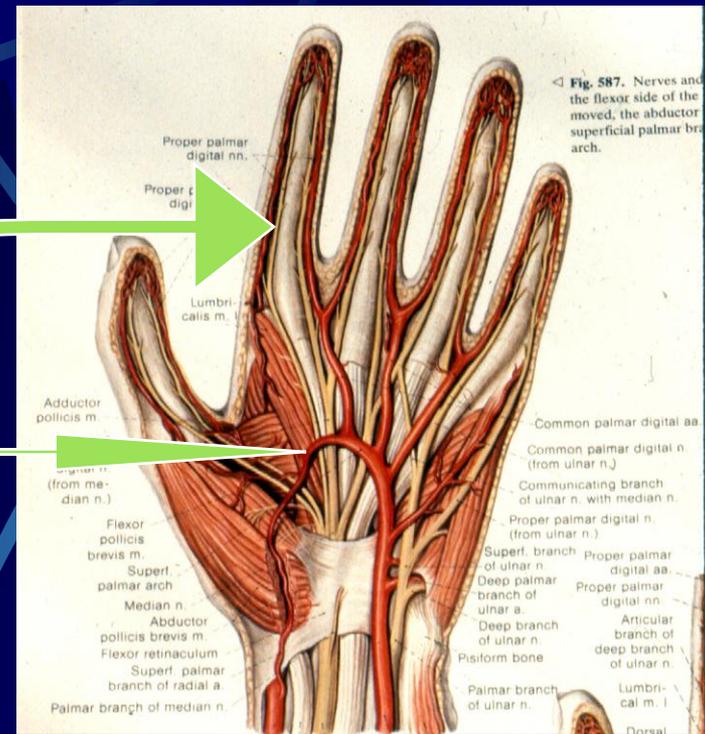
- More serious than closed injuries
- Vascular injury
- High risk of infection



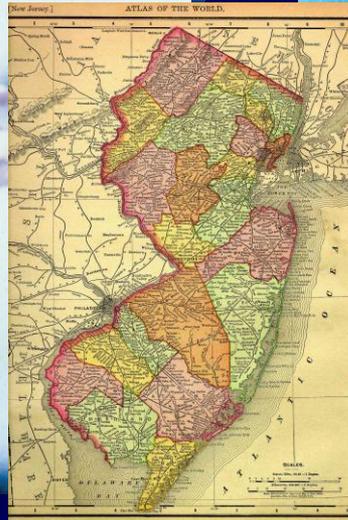
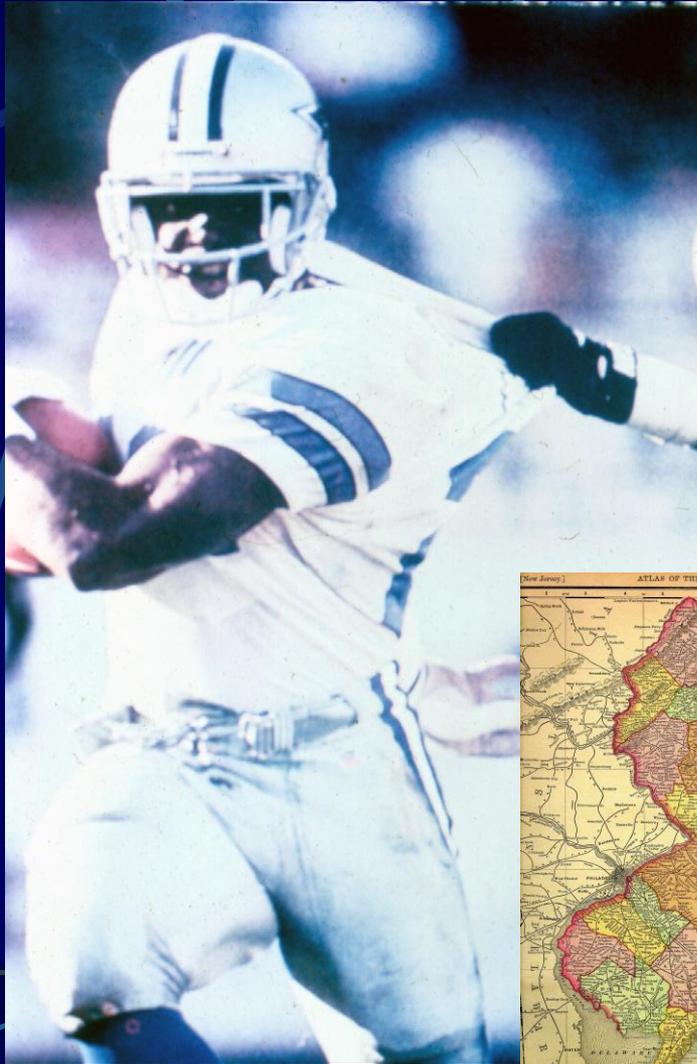
● *Flexor
tendon
injuries*



● Check for nerve and vessel injuries



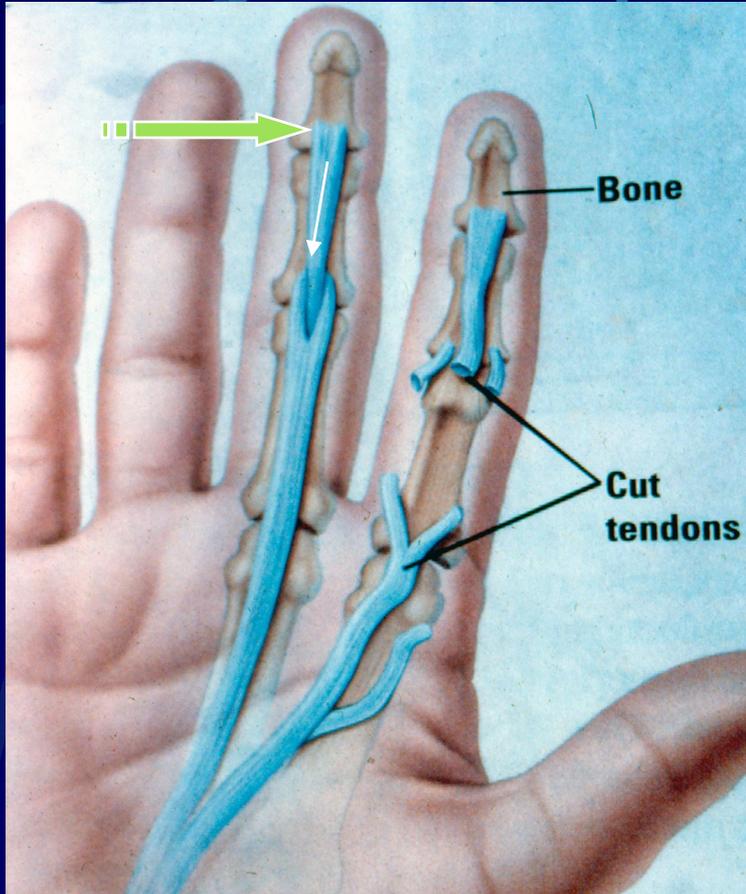
“Jersey” Finger



closed flexor tendon rupture



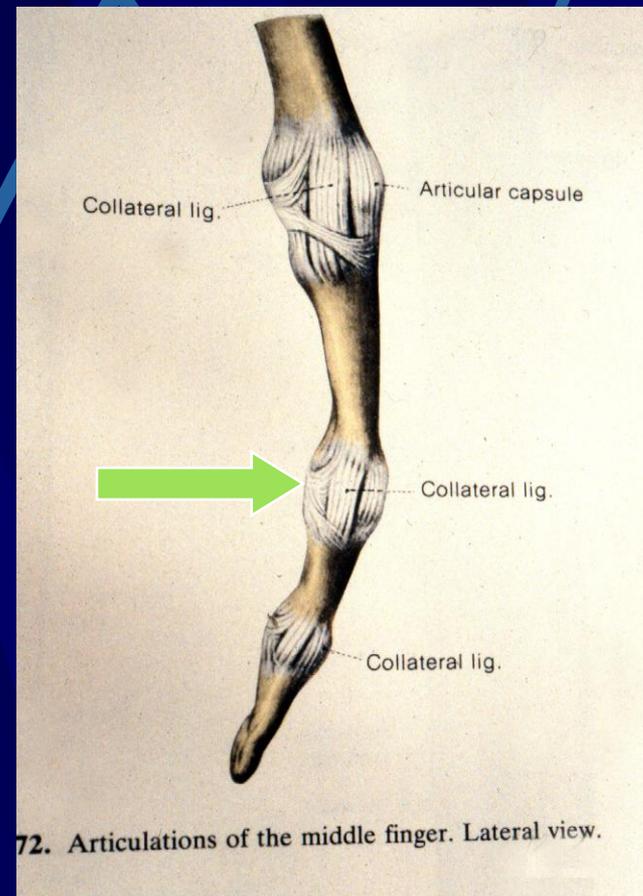
Overload injury to the finger pulls the tendon off the bone



Ligament injuries:

sprains and dislocations

- Ligaments form the joint capsule
- Minor injuries are sprains
- Complete tears will result in joint dislocation



Finger Dislocations

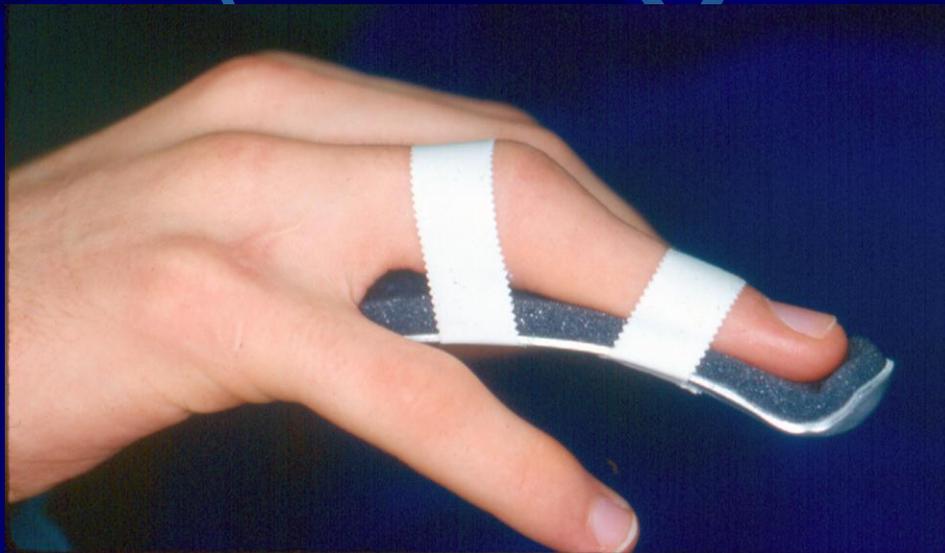


Double dislocation



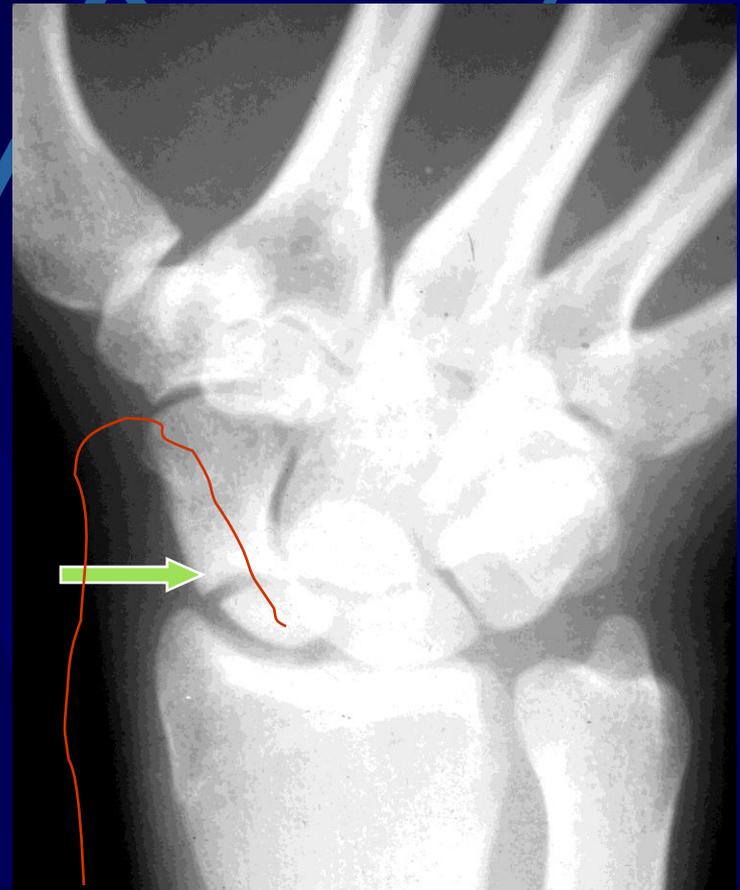
I hate when that happens

“Haagen Daz” treatment



Scaphoid Fractures

- Tenuous blood supply
- Fall on outstretched wrist
- Delayed healing common
- Avascular necrosis



Scaphoid Fractures: Treatment

- Non-operative

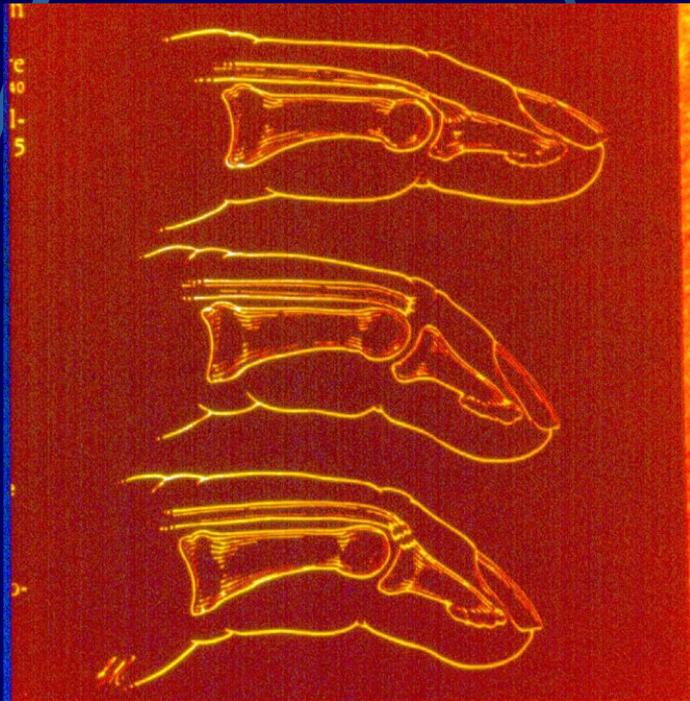


- operative



Mallet Fingers: axial injuries

- Three types



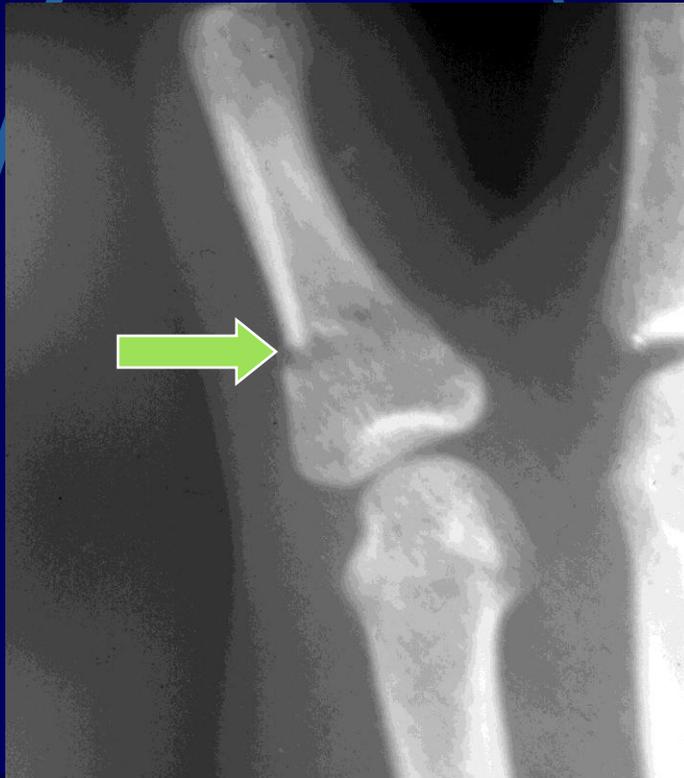
Mallet fingers treatment

- This deformity is **permanent** unless treated
- Splinting- 6 weeks
- If it recurs- surgery required



Rotational malalignment

- A simple fracture



- Looks pretty good !

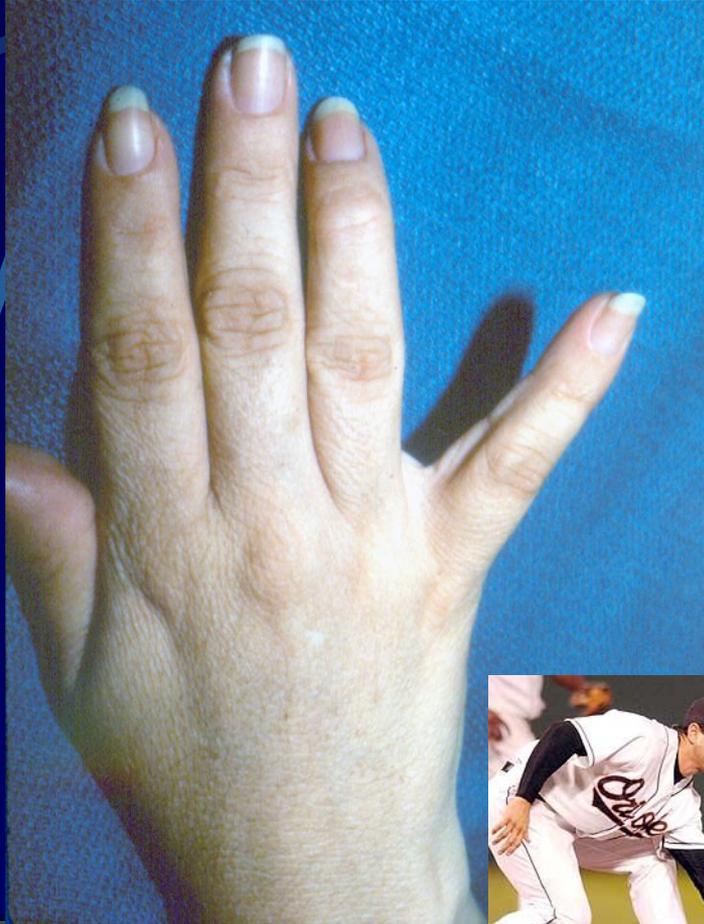


Now What !?!?

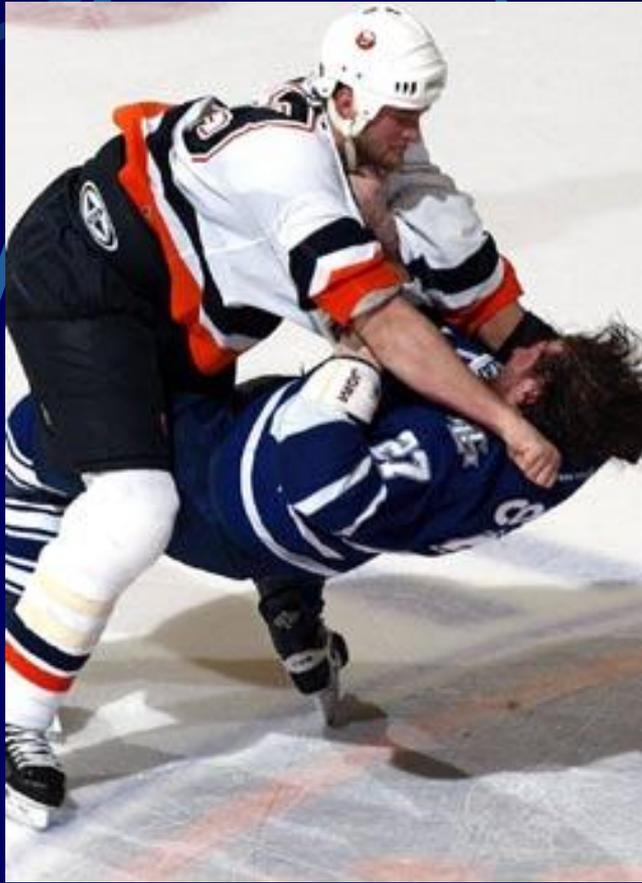


Sliding into third base

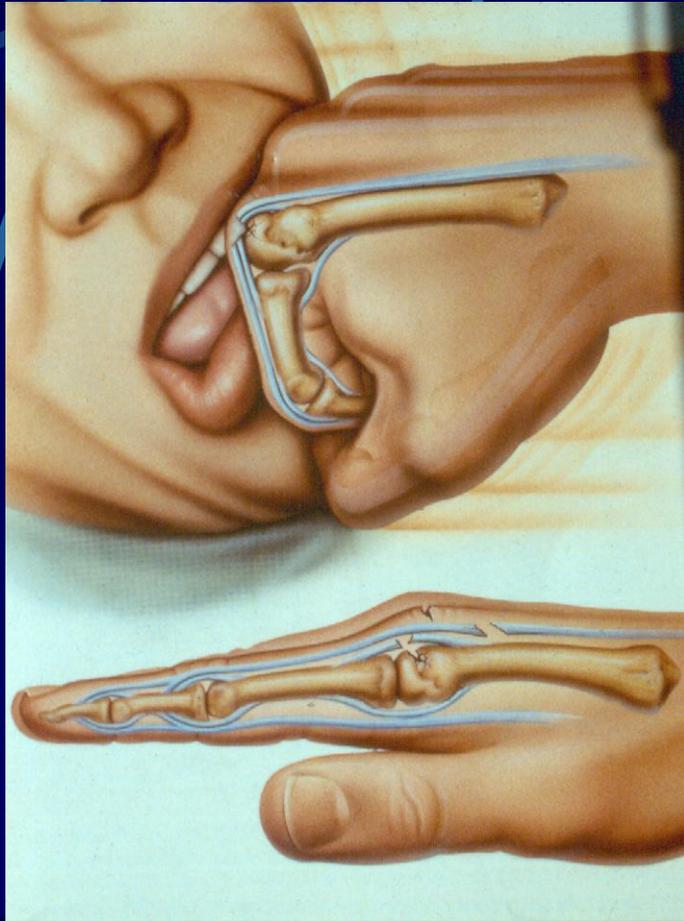
finger fracture



“Boxer’s” fractures



Punch in the mouth !

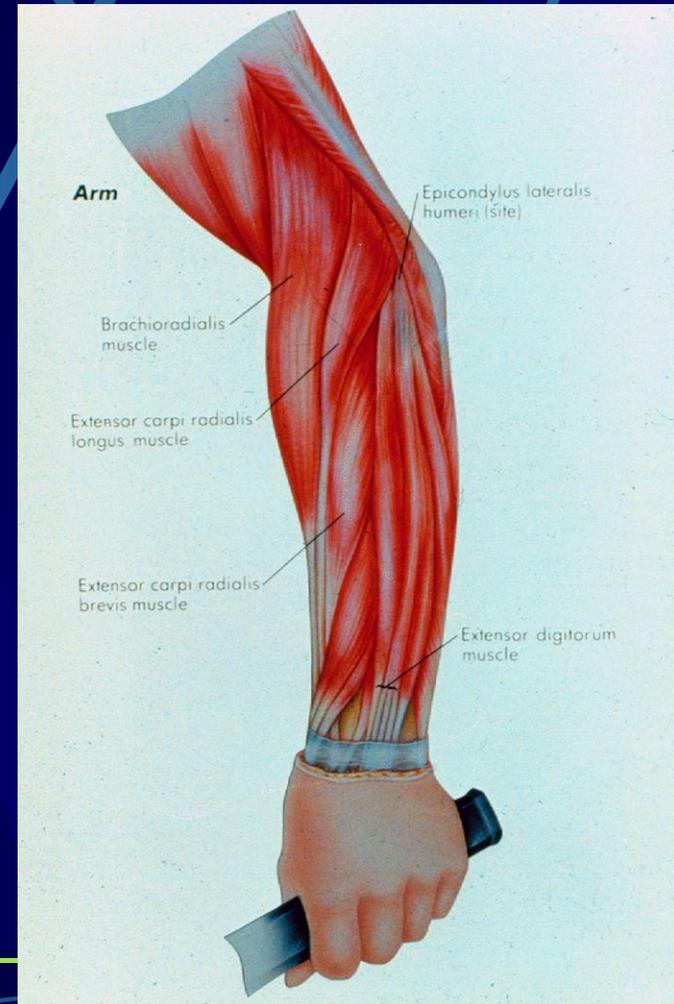
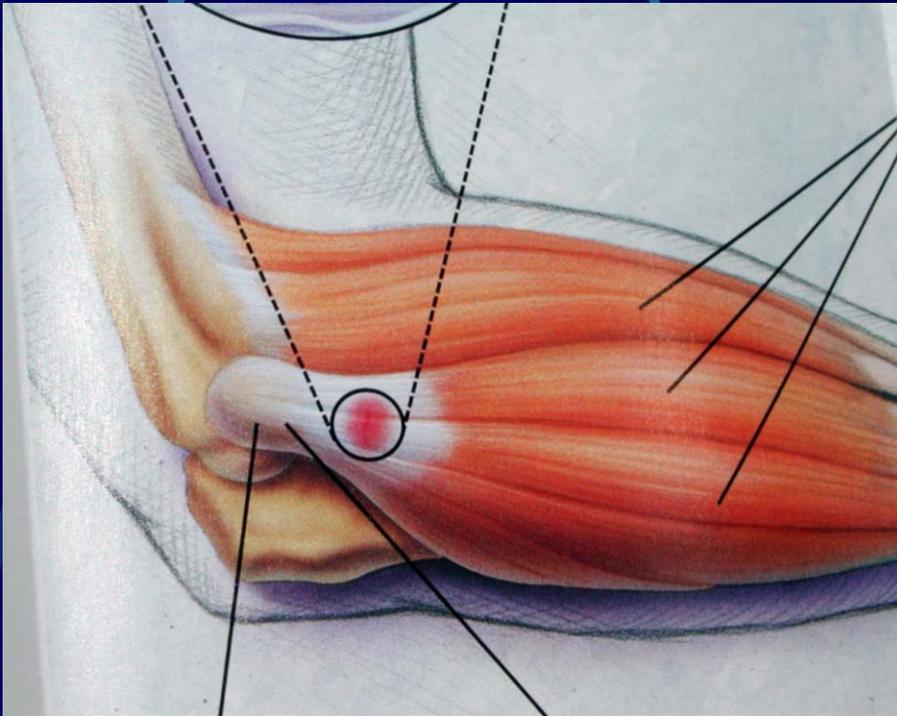


- Frequently misdiagnosed
- Eichenella corrodens
- Can lead to gangrene if not treated correctly and promptly

Skier's thumb



“Tennis” elbow



Mechanism of injury





**Thanks for your
attention!**