

5 MANAGEMENT OF SOFT TISSUE INJURY OF HAND WRIST AND ELBOW IN SPORTS

Alok Mishra *Professor and Unit Head Rehabilitation, Patna Medical College, Patna, Bihar, India*

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A large number of sports injuries are inflicted on hand, wrist, forearm and elbow. Some injuries are due to overuse and chronic trauma. They are elusive. Pathology is friction stress and ischaemia. Protocol of management and understanding of pathology will help manage dancers and sports persons better.

Soft tissue injury of hand wrist and forearm Most sports injuries are obvious and direct. Those due to overuse are elusive and insidious. They are mainly seen in sportspersons and dancers. Friction stress and ischaemia are main causes of overuse trauma in sportspersons. A tendon of strong athletic muscle or bursa may, during joint movement, be subjected to excessive friction in fibrous sheath or over a bony prominence. An inflammatory reaction starts up swelling occurs gliding movement is restricted in long tendons of hand. Repeated or unguarded strong athletic stress in hand and forearm may result in tears of muscle tendon and microfractures of bone. Excessive force sometimes causes complete of tendon or muscle. Muscle, which is firmly enclosed in fascial compartments of the forearm, become ischaemic, which may be relative arising only when excessive activity makes demands on the blood supply that cannot be met or absolute when intramuscular oedema causes swelling in a tight compartment with rampant use of crepe and other pressure bandages in hand and forearm causing further damage leading to ischaemic myositis. VIC protocol of preseason conditioning to postseason rehabilitation will be detailed in the presentation.