

Chapter 12

Specific Injuries to the Arm, Wrist, and Hand

Jersey Finger

Description: an injury to an FDP tendon at its point of attachment to the distal phalanx

How it happens: This injury often occurs in American football when a player grabs another player's jersey with the tips of one or more fingers while that player is pulling or running away.

Treatment: First aid involves ice, pain relievers, and a finger splint. Jersey fingers require an operation to reattach the torn ligament to its original location.

Volkmann's

Causes

Is a condition where the structures of the forearm (extending to the lower arm and hand) Cripples the arm depending of severity.

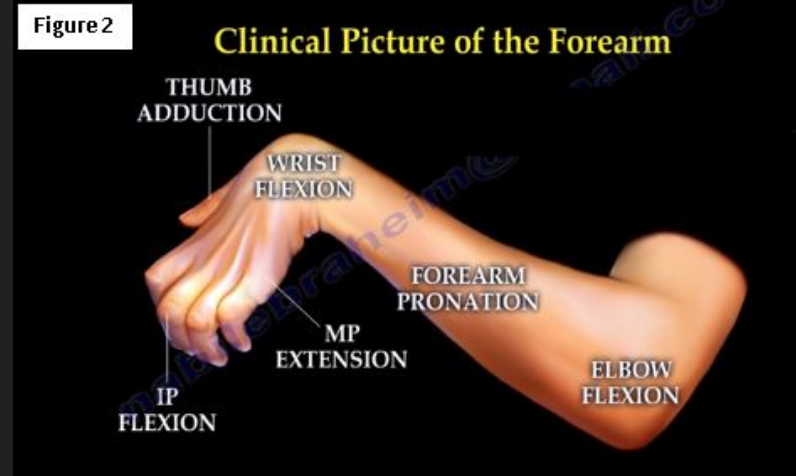
Prolonged external compression (Tight cast, Tight wrap)

Supracondylar fracture of the humerus

Crushing type injury

Contusions in the forearm

Burns, Trauma, Snake bites



Treatment

- Removal of occlusive dressings/ splitting cast
- Emergency fasciotomy to prevent progression
- Surgical Decompression
- Treat for damage to soft tissue

Myositis Ossificans

Jet Fearing, Cailyn Layton, Joshua Brady

Myositis Ossificans



Causes

Occurs with single traumatic injury or with repetitive injury to same area

Happens when the body makes an error in the healing process

Rare, but can occur after a severe muscle strain

Signs/Symptoms

Someone with this condition may also notice changes in affected muscle, including:

Warmth

Swelling

A Lump or Bump

Decreased Range of Motion

Treatment

Normally goes away on its own.

Resting the Area

Icing the Injury

Gentle Stretching

Wrapping the Injury to Reduce Swelling

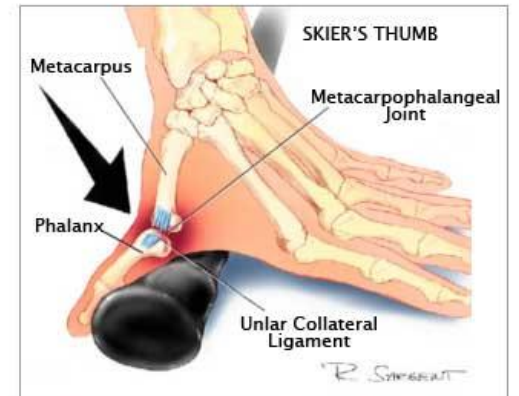
Gamekeepers Thumb

By: Nadia and Gabby

Gamekeeper's Thumb is the "insufficiency of the ulnar collateral ligament (UCL) of the metacarpophalangeal (MCP) joint of the thumb." This term was adopted in 1955 because the condition was continually associated with Scottish rabbit neck breakers as a work-related injury. The injury occurred by breaking the animals' necks between the thumb and index finger of the gamekeeper and the ground. Since this was a necessary action, "the valgus force was placed onto the abducted metacarpophalangeal joint and led to a ruptured ulnar collateral ligament injury and chronic attritional injury that resulted in instability, which was accompanied by pain and weakness of the pinch grasp."



This specific type of injury is typically acute and the cause has changed from rabbit neck breaking to a skier's hand landing on a ski pole, causing a valgus force on the thumb. This injury takes approximately four to six weeks to completely heal and this is only if the patient is placed in a cast of some-sort for support and assistance in rebuilding the bones in that specific area.



MECHANISM OF INJURY RESULTING IN A SKIER'S THUMB

Posterior Elbow Dislocation

By: Angelisa, Natalie, Mico

Signs:

- Gross Deformity
- Abnormal positioning of the forearm bones behind the humerus
- Swelling
- Discoloration
- Major pain
- Severe pain
- Total dysfunction of elbow joint

First aid:

- Treated for shock
- Make arrangements for transportation to a medical facility.

