Edition: International |

- Goverment
- Curaçao
- Important Information
- Advertise with us
- Contact us

Tweet

21 Like

Share

G+

0

Share

Sa 1, 2018

Curaçao Chronicle

Br >



Re

- S
- S

C partners kick off project to support micr...

S - Type Ke

g Topics:

- Hyatt
- - Government
- - Interim Government
- - Wiels
- - DAE
- - Elections 2012
- - Parliament

HEADLINES

- AMAK satisfied with promises government

- Main News
- Local
- Social
- Politics
- Economy
- Health
- Region
  - Aruba
  - Bahamas
  - Barbados
  - Bonaire

- Colombia
- Cuba
- Grenada
- Guyana
- Haiti
- Saba
- Saint Kitts
- Saint Lucia
- Sint Maarten
- Suriname
- Trinidad and Tobago
- Turks and Caicos
- Venezuela

Tech
Judicial
Real Estate

0
Share
ike 18K

- Home
  - Tourism
  - Night Life
  - Entertainment
  - Aviation
  - Hotels and Restaurants
  - Columns

Published On: Thu, Jul 10th, 2014
Health | By **Edition**

FIFA World Cup: Athletic injuries on hand and upper limb



MIAMI – According to the latest study conducted by the Consumer Product Safety Commission's National Electronic Injury Surveillance System (NEISS), more than 1.9 million individuals had a sports-related injury that was treated in the recent years. More than 231,000 soccer injuries were treated, 83 percent of the injuries were among men. Among those injuries, broken and/or dislocated fingers and wrist bone fracture. With so many bones, ligaments, tendons, and joints keeping hands and wrists working, there is ample opportunity for sever injury. In fact, injuries to the hand and wrists are some of the most frequently acquiring inquiries facing athletes today. The most common sports-related hand and wrist injuries can be classified into two main categories, traumatic (acute) and Overuse (chronic).

Traumatic (acute) refers to any specific, sharp pain that is of rapid onset or pain that results from a specific traumatic incident such as an athletic injury. Traumatic injuries are more commonly seen in athletes who participate in certain sports that require a higher level of contact (i.e., football, hockey, or wrestling). The most common traumatic fracture injury in the athletic population is found in the fingers and include joint dislocations, sprains, muscle strains, broken bones, tendon inflammation, and ligament tears.

"Major fractures of the hand or wrist occur only during high-speed contact or in older athletics who may have osteoporosis. Complex fractures below the elbow can occur and there is a great variation in the fracture patterns. It is important that an upper extremity specialist evaluate these injuries, as recovery of full wrist and hand range of motion is often difficult. Fractures of the upper arm (humerus) may also result from this injury and can even extend into the shoulder joint." – States Dr. Alejandro Badia, Leading Hand and Upper Extremity Surgeon at Badia Hand to Shoulder Center.

Overuse (chronic) injuries are more likely to occur in athletes who engage in sports that require them to repeat a particular movement (i.e., baseball, soccer, tennis, or golf). Overuse injuries are likely to be stress induced and include tendon inflammation an[illegible]n, nerve injury, and overuse stress fractures. Chronic injuries have a higher tendency to develop long-term affects. Ho[illegible]-term disability is less likely to occur from overuse injuries than from traumatic injuries. An athlete's performance may sig[illegible]minish, if the chronic injuries are left untreated. Surgery may be required if the overuse chronic injuries persists and co[illegible]evelop over time.

At[illegible]and wrist injuries can cause great pain and strain both physically and emotionally. Should you experience a hand or wr[illegible]ile participating in any physical sport where an attending team physician is not present, seek immediate medical att[illegible]important to be aware of what the immediate symptoms include, yet symptoms are never limited to the following:

0
Share

- [illegible]pain and swelling
- [illegible]ness
- Coldness or grayness in the finger, hand, or wrist
- Abnormal twisting or bending of the finger or hand
- A clicking, grating, or shifting noise while moving your finger, hand, or wrist
- Bleeding that doesn't stop and persists for more then 10 minutes

Contact your doctor or a specialty physician if mild wrist pain, bruising, or swelling after the injury lingers or does not improve over time.

Treatment depends on the location, type, duration, and severity of the injury. Some injuries may require surgery, such as ligament tears. The key point to a fast recovery is to seek evaluation by a dedicated upper extremity specialist. The general orthopedic surgeon often addresses simple fractures, but the highly competitive athlete truly needs an optimal result in order to maximize their return to full function. Given timely and precise treatment, there is no reason why a professional or any sportsman should not be able to return to their regular lifestyle after sustaining an injury to their hand or wrist.

Click Tag(s) for Related Articles:

healthhealth tipsWorld Cup

Related News

Like 21 Tweet Share Share



Veterinary medicine can prevent outbreak Zika



Health Inspector supports the legalization of medical cannabis



C[illegible] sign agreement to support mental health in aftermath of natural disasters



0

Share

St[illegible] project progressing; more than 400 dogs

-- ADVERTISEMENT --

Medical Sales Capital Equipment
Biomedical International Corporation - Miami, FL
Full-time, Salary/Commission

Bachelor's degree a MUST;
MBA preferred;
10+ Years of Outside Sales- Medical Capital Equipment within HOSPITAL environment & exposure or experience selling capital medical OR Solid Sales Experience DOCUMENTED;
Motivated by commission
Competitive personality - Military or SPORTS background is a HUGE PLUS!!!

Job Location

Based in Curacao to travel to Aruba, Bonaire and Suriname
Fluent English
Fluent Spanish
Fluent Dutch

All Rights Reserved. Core Communications © 2014