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# Sports Injuries Of The Hand And Wrist: Renowned Orthopedic Surgeon Attends AAHS 2015 In Bahamas

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PRLog - Jan. 12, 2015 - MIAMI -- Dr. Alejandro Badia, MD, FACS, Hand & Upper Limb Surgeon, who was recently proclaimed as "One of the Top Hand Surgeons in the United States". Founder and Medical Director of Badia Hand to Shoulder Center, spokesperson and advocate on the latest in orthopedic technology: "ARPWAVE Neuro Therapy", CEO  $of the OrthoNOW @\ Orthopedic\ Urgent\ Care\ franchise\ network, and\ past\ president\ of\ the\ ISSPORTH\ (International) and the Urgent\ Care\ franchise\ network, and\ past\ president\ of\ the\ ISSPORTH\ (International) and\ past\ president\ of\ past\ pas$ Society for Sport Traumatology of the Hand), arrives in Nassau, Bahamas serving as one of the opening speakers at the American Association for Hand Surgery 2015 Annual Meeting. This prominent meeting will begin with a notable presentation by Dr. Badia, on the latest in "Maximizing Economics in a Changing Health Care Environment" and "Sports Injuries of the Hand and Wrist"at Atlantis Hotel, Paradise Island on January 21st, 2015 at 7:00am. In today's constantly changing health care environment, understanding and maximizing economics while enhancing patient hand and wrist care can be challenging. During this meeting, Dr. Alejandro Badia will be identifying the barriers to navigating through the ever-changing health care environment by presenting a solution of coordinated, convenient, responsive, affordable and expert orthopedic urgent care, and speak on common athletic injuries of the hand and wrist. Dr. Badia will also take this opportunity to attend various meetings with the media and local

"I'm so pleased to be in beautiful Bahamas. My mission has been, and always is to create educational synergy and to expose great technology that allows minimally invasive procedure accelerates recovery, prevents some surgical procedures, and shortens post-surgical rehabilitation. This system provides our patients, mostly athletes who depend so much on their physical excellence, with better healthcare and better recovery methods and options."-states Dr. Badia, Hand and Upper Limb Surgeon at Badia Hand to Shoulder Center in Miami, Florida. Badia has successfully performed surgery on many professional athletes from around the world.

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 athletes 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

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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 and dislocation, nerve injury, and overuse stress fractures. Chronic injuries have a higher tendency to develop long-term effects. However, long-term disability is less likely to occur from overuse injuries than from traumatic injuries. An athlete's performance may significantly diminish, if the chronic injuries are left untreated. Surgery may be required if the overuse chronic injuries persists and continues to develop over time.

"Arthroscopy for hand and wrist pathology is a minimally invasive surgical technique used to explore a joint from within. Tiny incisions are used to insert a fiberoptic instrument which serves as a camera to the inside of a joint and allows to not only diagnose a problem but often times concludes what definitive treatment should would be best for the patient. This is opposed to the more standard technique of open joint surgery, which can result in increased scarring and prolonged recovery time." – States Dr. Alejandro Badia.

Badia has a long history of treating high-level tennis, polo and golf competitors, NFL and NBA athletes. Dr. Badia was nominated in 2012 as "one of the top 45 great hand and upper extremity surgeons" by Becker's Orthopedic & Spine Review. Alejandro Badia is in conversations with leading Brazilian medical authorities to organize a sports medicine conference prior to the 2016 Olympic games in Rio de Janeiro.

 $\textbf{Read more http://www.prlog.org/12413361-sports-injuries-of-the-hand-and-wrist-renowned-orthopedic-surgeon-attends-aahs-2015-in-bahamas.html$ 

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