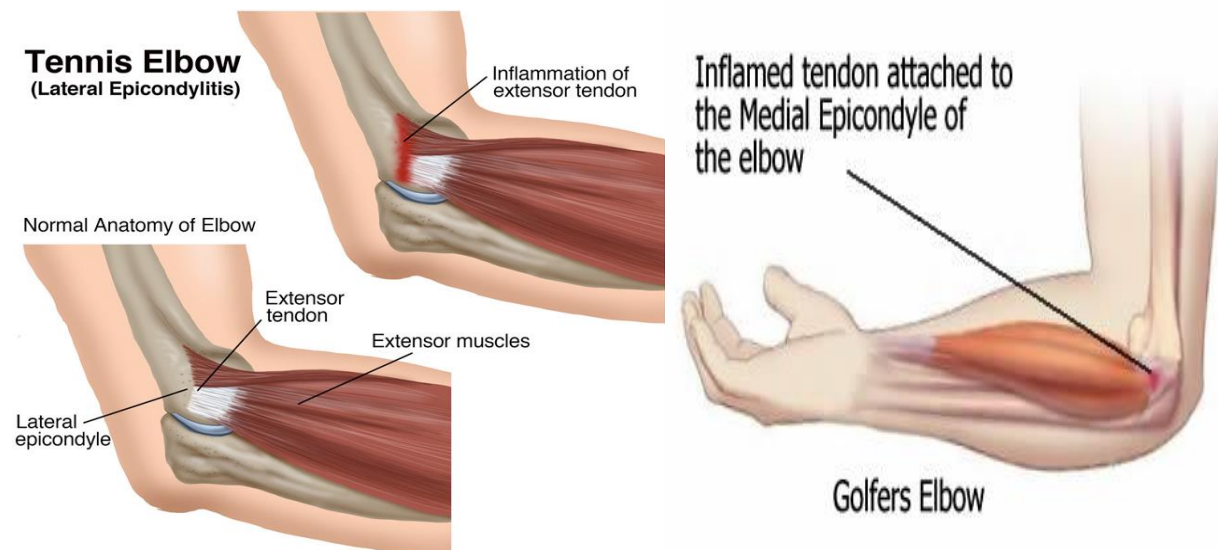


The Elbow, Wrist, and Hand: 5 Commonly Seen Injuries

1. Elbow Tendonitis: tendonitis is the inflammation of a tendon usually from overuse or can be due to an infection

-Injury to the ligaments on either side of the elbow. “Tennis Elbow” refers to tendonitis of the ligaments on the lateral (outer) side of the elbow where “Golfer’s Elbow” refers to tendonitis of the ligaments on the medial (inner) side of the elbow.

-RX: rest/immobilization, ice, ultrasound/e-stim, NSAIDs, massage, stretching, exercise and surgery is seldom necessary.

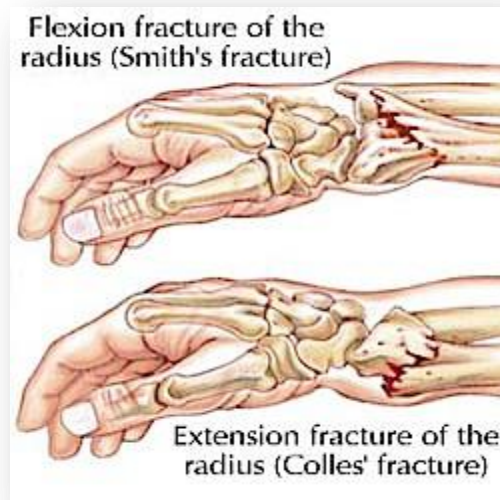


<http://www.moveforwardpt.com/image.axd?id=f1bc8ed0-37d0-47c5-a614-91a1a5ea2197&t=634576372892570000>

<http://www.bodybalance.co.uk/images/conditions/GolfersElbow.jpg>

2. Forearm Fractures

- Injury involving the radius and/or ulna bones of the forearm.
- Severity dependent upon number of bones involved, displaced vs non-displaced, or protruding through skin.
- RX: rest/immobilization, ice, NSAIDs, compression wrap, elevation, and/or surgery.

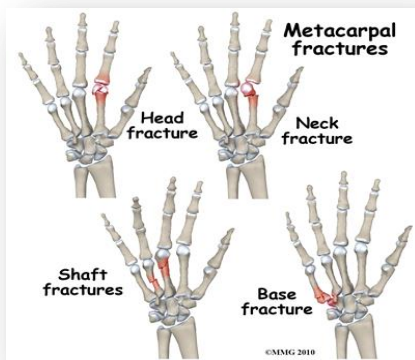


<http://nursingcrib.com/wp-content/uploads/fracturetypesimage.jpg>

[https://classconnection.s3.amazonaws.com/33/flashcards/602033/jpg/wrist_fractures_\(colles__smith\)1348787658670.jpg](https://classconnection.s3.amazonaws.com/33/flashcards/602033/jpg/wrist_fractures_(colles__smith)1348787658670.jpg)

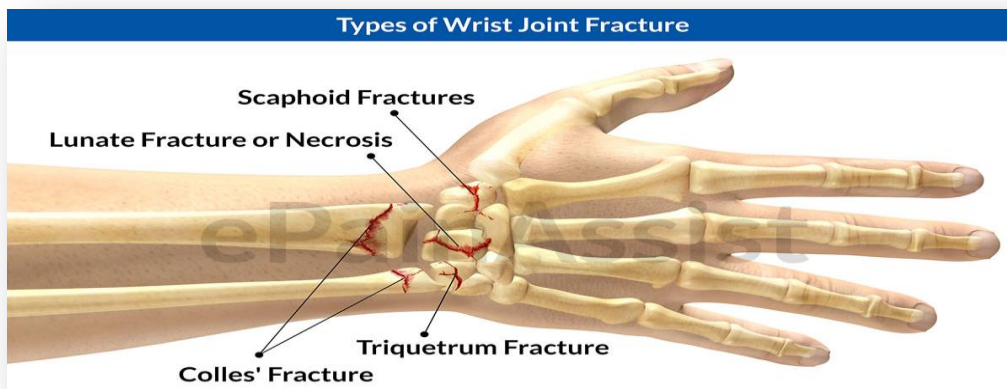
3. Finger/Hand Fracture

- Injury involving the bones of the phalanges (finger), metacarpals, and carpal bones of the hand.
- Severity dependent upon type and location of fracture.
- RX: rest/immobilization, ice, NSAIDs, buddy taping, and/or surgery



http://www.physio-pedia.com/images/8/84/Types_of_metacarpal_fractures.jpg

<http://www.summitmedicalgroup.com/media/db/relayhealth-images/finger.jpg>



<http://www.epainassist.com/images/Article-Images/WRIST-JOINT-FRACTURE.jpg>

4. Finger Dislocations

-Injury occurring at the joints of the phalanges including the Distal Interphalangeal Joint (DIP), Proximal Interphalangeal Joint (PIP), or the Metacarpal Phalangeal Joint (MCP), where the bones of the finger are moved (dislocated) from their normal anatomic position.

-Severity is dependent upon how much displacement occurs and if there is a resulting fracture or tendon rupture associated with the dislocation.

-RX: requires relocation by a physician then rest/immobilization, ice, NSAIDs, stretching/strengthening exercises, and/or surgery.



<http://www.epainassist.com/images/dislocated-finger.jpg>

