

Upper Extremities : Injuries & Management : 21/04/2020

Causes:

1. Incorrect technique
2. Not using protective gears (concussion)
3. Overuse
4. Lack of flexibility
5. Hydration
6. Sleep deprivation(fatigue,tiredness)
7. Psychological factors(peer pressure, stress)

Injuries:

1. Fracture of 4th 5th metacarpal neck
2. Boxer's knuckle(extensor hood)
3. Skier's thumb (UCL ligament rupture)
4. Carpal bossing (subluxation of metacarpal)

Rx:

1. Immobilise (Finger and wrist splint or brace)
2. PRICE
3. Refer to expert
4. Exercises (joint mobility, grip strength, regular training of non affected joints)
5. Return to play

Shoulder:

1. Rotator cuff tendonitis, tear
2. Sub Acromial bursitis(swollen bursa or sac)
3. Labral tear (anterior posterior inferior subluxation or dislocation)

Prevention:

1. Strengthening of rotator cuff
2. Strengthening of scapular stabilisers

Rx:

1. Exercises:

- Isometric
- mobility
- stability

Cervical/Neck injuries:

1. Cervical strain (whiplash), direct hit, low strength of neck muscles
2. Neck pain (wrong posture, protruded neck, tightness of muscles in the neck)
3. Cervical instability (improper control)

Back injuries:

1. Lower back (common, weak hip knee, core muscles)
2. Upper back (overuse, dehydration, facet lock , twisting and rotation)

MX:

1. Flexibility
2. strengthening (core, back, lower limbs)

Target:

Sport related warm up

Target muscle

Q/A: Dupuytren's contracture: usually managed surgically depending on grades, do not ignore

Q/A: Hairline fracture metacarpal: cast, 6 weeks, rehab

Q/A: Can the boxer train with pain? Depends on the level of injury; continue rehab exercises during pain

Q/A: Shoulder dislocation: If recurrent, stop; surgical advise, grades Strengthening exercises, with precautions

Q/A: how to minimise Nose injury? Teach the boxer Good defence.

Q/A: If injury happens during the training session, what should be the immediate action? Stop training and seek medical guidance immediately if the pain doesn't subside.

Q/A: Tennis Elbow: Taping to offload the muscle, glides, PRICE, Strengthening

Q/A: Why there occurs low back ache during sprint/speed endurance; Correct the biomechanical kinetic chain to break the stress.

Q/A: What to be done after shoulder surgery? Graded rehabilitation under the supervision of the physiotherapist. Takes 6-8 months

Q/A: Can bicep tendon tear recover with rest or needs surgery? Depends upon the grade of injury.

Q/A: Shoulder dislocation: lower body exercises with body weight, exercise of non affected joints. Prevent load in the shoulder. Isolated exercises.

Q/A: Minimum recovery time after muscle injury: 5-6 weeks lower body, 3-4 upper body.

Q/A: Imagine punch as bullet, ankle trigger, what if both is injured? Do not overload your boxer. Let him recover from the injures 😊

Q/A: Why my nose bleeds even with light punch? Get it checked for septal deviation or other causes.

Q/A: Sacralisation Grade 3? Mobility and rehab. Swimming.

Q/A: What to do with knuckle injury in the ring? Stop and remember that "health of the boxer is the priority."

With rehabilitation Always remember that slow and steady wins the race.... Give time, and encourage the players to be Compliant for faster and better Return to Play.