WRIST INJURY

Wrist sprains and fractures are among the five most common conditions incurred by Illinois high school athletes, according to a survey of the state’s certified athletic trainers.

The six-month study was conducted by the Illinois Athletic Trainers Association (IATA) in collaboration with Midwest Orthopaedics at Rush (MOR). State licensed athletic trainers from across the state identified the most common conditions and injuries high school athletes sought treatment for during the 2011-2012 school year.

To learn more about the study, visit www.rushortho.com.

Prevention strategies and exercises can play a key role in reducing wrist injuries commonly caused by an unexpected fall or hit during an athletic practice or competition.

Tips to prevent wrist injuries:

- In sports where falling is common, athletes can wear wrist guards to help absorb the fall.
- During a fall, tuck your arms close to your body and begin to roll as you fall so that the force is distributed throughout the torso and not solely on the wrists.
- Always tell a coach, parent, athletic trainer or doctor if you have wrist pain.
Exercises to prevent wrist injuries:

*Strengthening the muscles surrounding the wrist, including the hand and forearm muscles, can help to absorb shock from a sudden impact and protect the wrist joint. The following exercises are designed to strengthen the wrist joint and the muscles around it.*

**Ball Squeezes**
- Hold a tennis ball or racquetball in one hand.
- Squeeze as hard as you can.
- Hold for 5 seconds and then release.
- Do this 10 times and then switch hands and repeat.
- Do 3 sets on each side.

**Wrist Flexion**
- Holding a dumbbell, start with your arms by your side and your palm facing away from your body.
- Slowly bend your wrist up towards your body and slowly lower it back down.
- Do this 10 times, then switch hands and repeat.
- Do 3 sets on each side.

**Wrist Extension**
- Holding a dumbbell, start with your arms by your side your palm facing in towards your body.
- Slowly bend your wrist up and slowly lower it back down.
- Do this 10 times, then switch hands and repeat.
- Do 3 sets on each side.

MORE INFORMATION
For more information on signs, symptoms and treatment of wrist injuries, visit [www.rushortho.com](http://www.rushortho.com).

If you suspect a wrist injury, our specialists are available for a consultation:
Dr. Mark Cohen
Dr. John Fernandez
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