It’s easy to take our hands, wrists and elbows for granted. Most of us use them every day to eat, drive, work and play without even thinking about them.

That’s why an injury or orthopedic condition such as tendonitis, broken bones, torn ligaments or sprains can dramatically affect your quality of life.

If you suffer from pain in the hand or upper extremities, turn to the acclaimed physicians at Methodist Sports Medicine.

Our fellowship-trained surgeons will recommend the orthopedic treatment that’s right for you. In other words, we’ll help put pain-free living within your reach.
Injuries/Conditions

HAND & WRIST
The most common hand and wrist injuries seen by orthopedic surgeons are tendonitis, fractures and joint injuries.

Tendonitis is usually a chronic overuse type of injury. It happens often in sports (rowing, racquet sports, golf) or activities that involve repetitive hand and wrist motions.

It can also occur in the workplace where many people spend hours at jobs that require repetitive wrist extensions or reflections (carpal tunnel syndrome).

Some of the most traumatic hand and wrist injuries in sports have to do with ligament injuries of the thumb when it impacts another player or the playing surface.

Other common injuries in sports are fractures that can occur as the result of falls in which the impact is absorbed by outstretched hands and wrists.

ELBOW
The most common elbow injury is known as “tennis elbow” or tendonitis, which is a degeneration of the tendon on the outside of the elbow of the tendon that extends to the wrist.

It occurs in other sports activities besides tennis, but it’s really a lot more common in the workplace than it is in adult tennis players.

It’s rare to see tennis elbow in young athletes. Instead, it’s more common to see elbow dislocations or ulna collateral ligament sprains, which frequently happen in contact sports like football.

Other common elbow ailments are ulna collateral ligament injuries or ligament tears in athletes who throw. This often occurs in baseball players, particularly to pitchers with overhand throwing, and frequently requires reconstructive surgery.

These injuries also occur in overhand sports such as tennis, racquetball and volleyball that involve the use of overhead hand and arm motions.

Treatments

Because of disruption of ligaments and interruption of blood supply, surgery is often required to repair these injuries.

Generally tendonitis treatment involves rest from the offending activity. Use of a splint immobilizes the wrist at night, or if possible, part of the time during the day.

The use of anti-inflammatory medicines, injection therapy and ice treatment is commonly used for certain types of tendonitis.

Your treatment may also include an exercise program and sessions with one of our experienced occupational therapists.

For more information, call Methodist Sports Medicine at 317.817.1200 or visit methodistsports.com.