

# Wrist and Fingers Spain, Strain and Strapping

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**Abstract**—Injuries are common in Sports. That may be acute injury or chronic injury/overuse injuries Participation in sports improve physical fitness, coordination and self-discipline and gives opportunities to learn teamwork. Athletes taking part in games or physical activities are in majority and they are merely small adults. Their bones, muscles, tendons and ligaments are still growing, which makes them more susceptible to injuries. The area of developing cartilages where bone growth occurs in youngsters or weaker than the nearby ligaments and tendons. Pre-cautionary measures to be taken before doing the activity. Treatment and rehabilitation plays an important role to overcome the injury.

**Index Terms**— Activity-Injury-Treatment-Rehabilitation-Play.

## I. INTRODUCTION

Games and sports also results in injuries some minor, some serious and still others resulting in lifelong medical problems. Participation in sports improves physical fitness, coordination and self-discipline and gives children opportunities to learn teamwork. Youngster athletes taking part in games or physical activities are in majority and they are merely small adults. Their bones, muscles, tendons and ligaments are still growing, which makes them more susceptible to injuries. The area of developing cartilages where bone growth occurs in youngsters or weaker than the nearby ligaments and tendons.

## II. PURPOSE

To know the knowledge of rehabilitation procedure to overcome the injuries in sports.

### A. Sprain

A sprain is a stretch or tear of a ligament (Tissue that connects bone to bone) at the joints.

### B. Strain

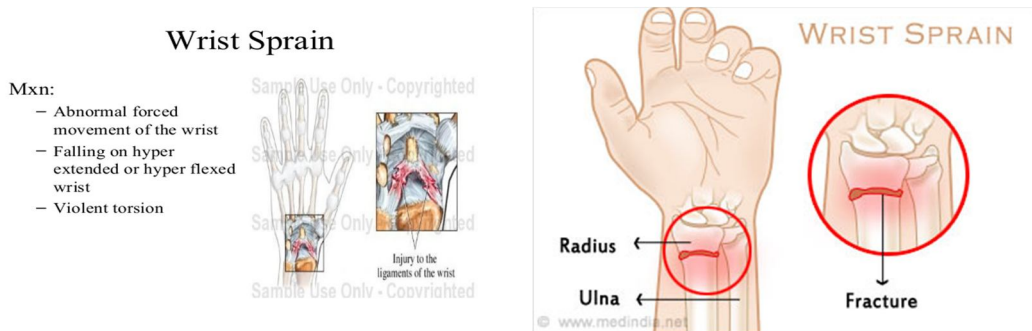
A strain is a twist, pull or tear of a muscle or tendon (Tissue that connects skeletal muscles to bones).

### C. Strapping

Strapping is a bundling and banding is the process of applying a strap to an item Sports strapping is widely used in many sports. Strapping can help prevent injuries from occurring. Strapping provides stability and support to joints, ligament and tendons. Also provides support to previous injuries and prevent further damage.

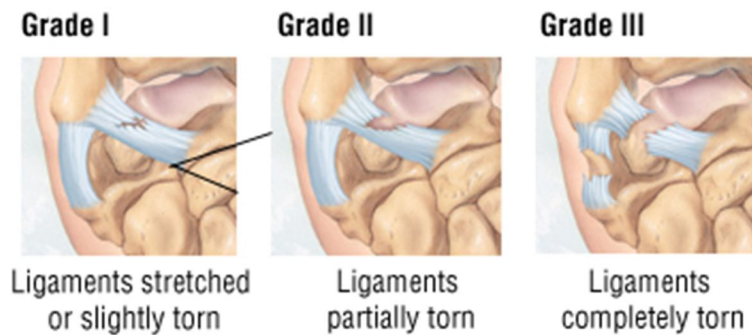
#### D. Wrist Sprain

Wrist sprain is an injury to the ligament of the wrist region including the ligament connecting the carpal bones as the ligaments connecting the proximal row of carpal bones with the radius and the ulna.



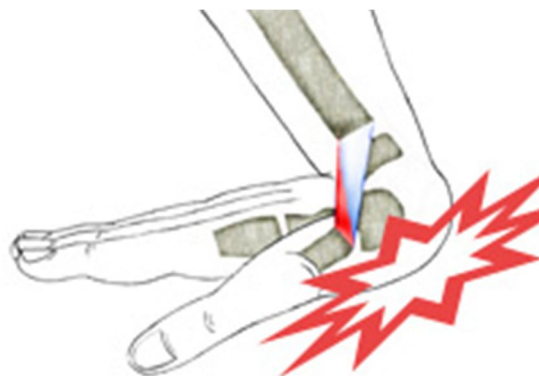
#### E. Injury

An injury that the ligaments are partially or complete torn depend upon the grade I,II,III.



#### F. Causes

- Being hit to the wrist
- Sudden fall on the ground
- Extreme pressure on the wrist or twisting it, which is common in Basket ball
- Gymnast.



#### G. Symptoms

Pain, Swelling, Tenderness and warmth around the injury, Feeling tearing in the wrist, Bruising.



#### *H. Treatment*

Rice Therapy

Rest, Ice, Compress the wrist with a bandage/Strapping

Elevate the wrist

Anti-inflammatory pain killers.



#### *I. Rehabilitation*

Practice Stretching and strengthening exercise



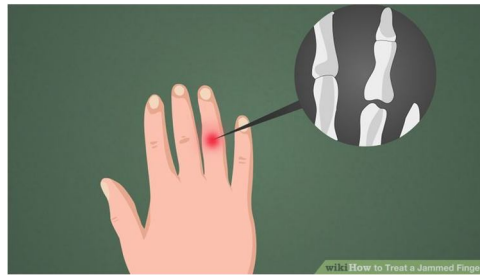
#### *J. Fingers*

One of the five long parts of the hand that are used for holding things.



*K. Fingers Sprain*

It occurs when the fingers is bent in some way causing damage to the ligaments which connects bones together.



*L. Fingers Strain*

Which occur from a sudden force usually bending quickly and beyond natural movement.



*M. Causes*

When the fingers bones or phalanges are bend laterally or sideways and hyperextension or bending back of the finger joint.



*N. Symptoms*

Fingers sprain include pain in the fingers at the time of injury. Swelling is developed over the joint and there will be restricted movement in the fingers.



### *O. Treatment*

RICE therapy

REST ICE Compress the finger with the bandage/ Strapping

Anti inflammatory pain kill



### *P. Rehabilitation*

Practice stretching and strengthening exercise



### III. PRECAUTIONARY MEASURES

- Avoid playing sports when tired or in pain.
- Maintain a healthy, well balanced diet to keep muscles strong.
- Maintain a healthy weight.
- Practice safety measures to prevent falls.
- Wear shoes that fit properly.
- Do stretching exercise daily.

### REFERENCE

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