

Elbow Wrist and Hand Kines 127 Injury List

Task: Select 8 injuries from the list provided and provide a definition or description, common mechanism of injury, anatomical structures involved, and one distinguishing feature (eg chronic, acute, difficult to heal, more common in adolescents, etc).

Medial Epicondylitis Lateral

Epicondylitis Posterior

Elbow Dislocation

UCL Sprain of the Elbow

Pronator Teres Syndrome

Ulnar Nerve contusion

Little Leaguers Elbow

- Medial Epicondylar Apophysitis

- Olecranon Apophysitis

- Osteochondritis Dissecans.

Common fractures

- Colles' fracture of the forearm

- Smith's fracture of the forearm

- Bennett's fracture of the thumb

- Metacarpal fracture ["boxer's fracture"]

- Schaphoid fracture of the wrist

Flexor tendon avulsion [jersey finger sign]

Extensor tendon avulsion [mallet finger]

Extensor tendon rupture [boutonniere deformity]

Volar plate rupture [pseudo-boutonniere deformity]

Carpal tunnel syndrome

Olecranon Bursitis