

Hand Fracture

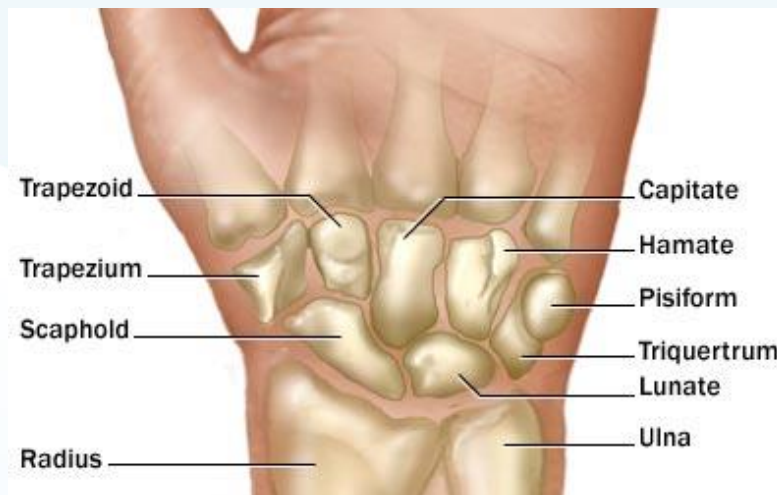
Broken hands are a crack or break within one of the bones in the hand. The most common way to break the hand occurs when people are trying to catch themselves when falling and end up landing hard on their outstretched hand. Another common cause is punching something or somebody. Common risk factors for broken hands often range from participating in certain types of sporting events, such as that of soccer, football, snowboarding or skiing, to that of having osteoporosis, which is a condition where the bones become fragile and thin.

It is imperative that you treat a break as soon as you possibly can. If you fail to do so, the bones might not heal properly, which can end up affecting your abilities to perform traditional activities, such as being able to grasp a pen or button your shirt. Early treatment will help to minimize any stiffness and pain.

Hand Fracture Anatomy

The anatomy within the hand is quite complex, fascinating and intricate. Its integrity is imperative for individuals to be able to go through life on a regular basis and engage in normal activities. Hands can be affected by any number of disorders, but often from a traumatic injury.

A Fracture to the hand is very similar to a fracture to the wrist, and to the finger.



How to Treat a Hand Fracture:

1. Immobilization

Restricting the movement of the broken bone is critical to proper healing. Mostly this is done using a cast or splint.

2. Medication

To reduce inflammation and pain, you might need to take an over-the-counter medication. If you are dealing with extreme pain, you might need a stronger medication, such as that of codeine. Discuss this with the doctors at the hospital.

3. Therapy

After the splint or cast is removed, you will probably end up having to go through rehabilitation exercises to help minimize any stiffness in the joint and restore movement to the hand. Even though rehab can help significantly, it can take weeks to months for the hand to fully rehabilitate. For severe injuries, it can take even longer to fully heal the hand.

4. Surgery

Immobilization can help to heal the majority of broken bones. It might be necessary to undergo surgery to implant an internal fixation device, such as screws, rods, plates or bone grafts to maintain the proper positioning of the bones throughout the healing process. Depending on the nature of your fracture, you might have no other alternative but to have these devices put into place.

Tips:

- Participating in certain sporting activities can increase your chance of ending up with a broken hand. Many people break bones while participating in football, basketball, hockey, skiing, snowboarding, wrestling and more.
- For those who have osteoporosis, you are more likely to end up with a hand fracture than someone who has stronger bones.
- Build bone strength by embracing a nutritious diet that is loaded with Vitamin D and calcium.
- If you are past menopause age, taking a calcium supplement will help to aid in bone development and strength.
- Try to avoid any slippery surfaces, such as that of ice-or snow-covered surfaces.
- Install grab bars into your bathroom if you are a little jittery to help prevent any falls from occurring in the first place.