Sports Injuries - Upper Limb Cheat Sheet

by Siffi (Siffi) via cheatography.com/122609/cs/23080/

Types of Injuries

Muscle Strains	- Pain, Limited Motion, Muscle Spasm & Weakness, Localised Swelling, Cramping, Inflammation, Loss of muscle Function
Ligament Sprains	- Pain, Swelling, Bruising, Instability, Loss of Ability of move and use the joint, Pop/Tear at time of the injury
Tendon Disorders	- Tendinitis, Tendinosis, Tenosynovitis
Dislocations	
Fractures	

Shoulder Injuries

Dislocated/Subluxated AC Joint

Fractured Clavicle

Dislocated Shoulder

Supraspinatus Tendinopathy

FOOSH

AC Joint Injuries

- Arthritis - Weightlifters

- Fractures

- Sprains (with/without separation and instability)

Elbow Injuries

- Soft Tissue - lateral + medial epi condylitis

Hand Injuries

- Fractures + Dislocation of the phalanges + metacarpals

- Mallet Finger and Gamekeeper/Skier's thumb

Complex Regional Pain Syndrome (CRPS)

- 2 types,

CRPS-I - soft tissue injury/immobilisation with absence of nerve injury

CRPS-II - occurs after an injury to a major peripheral nerve

- Continuous, intense pain not related to the injury, gets worse than better over time

Budapest Criteria

- Presence of pain with is not related to the causative event

- Presence of one sign in two or more of the categories listed below

- Presence of at least one symptom in three or more of the categories listed below

- Ruled out other diagnosis

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Categories

Sensory: Allodynia (light touch, temperature, deep somatic pressure/joint movement), and/or hyperalgesia (pin prick), can have hyperesthesia

Vasomotor: Temperature differences (>1C)/skin colour changes and or skin colour asymmetry

Sudomotor/oedema: Oedema/sweating/sweating asymmetry

Motor/Trophic: Reduction in ROM/motor dysfunction (weakness, tremour, dystonia) and/or trophic changes

Management

Patient Centred diagnosis:

Significance of illness to patient

Effect on family and relationships, work and income, sexuality, attitude + spirituality

Psychological effects - stress, anxiety, abnormal illness behaviour, sleep, depression

Patient centred management:

Psychological support

Appropriate reassurance

Patient Education

Empowering self responsibility

Anticipatory guidance/special hazards

Prevention

Health Promotion

Lifestyle reccomendations/modifications - diet/nutrition, exercise, alcohol, smoking, stress management

Family and social supports

Self Help groups

Alternative options

Consultation and referral

Follow- up

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