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With the knowledge base of normal anatomy, development, biomechanics, and differential diagnosis, the sports medicine professional can treat injured young athletes with greater efficiency. In addition, microtraumatic injuries may be prevented by emphasizing safe parameters of participation, proper throwing techniques, and careful monitoring of the amount of practice time and intensity.

Upper extremity injuries in young athletes. - PubMed - NCBI

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Between 1983 and 1986, 23 athletes were evaluated for arm and hand complaints. Eleven players had symptoms of thoracic outlet compression. Severe arm fatigue (eight patients) and finger ischemia (three patients) were the presenting symptoms. In the remaining 12 athletes, symptoms of hand ischemia were predominant. Noninvasive testing with Doppler ultrasonography and duplex scanning (positional ...

Upper extremity arterial injury in athletes - Journal of ...

Overuse tendon injuries (tendinopathies) present a challenge to sports medicine patients and clinicians. Despite the high prevalence of tendinopathy in recreational and competitive athletes, treatment is often hampered by contradictory definitions and descriptions of the underlying pathology, with a limited repertoire of evidence-based treatments. This review provides the clinician with a basic overview of tendon structure and pathophysiology, and highlights the most common tendinopathies ...

Common tendinopathies in the upper and lower extremities

7 Shoulder, Elbow, and Upper Extremity Sports Stacey Elisa Gallacher and Andrew Green I. Anatomy 1. Bony and articular anatomy (Fig. 7.1) • Clavicle a. First bone to ossify (at 5 weeks ' gestation), last to fuse (medial clavicular physis at 25 years of age) b. Most common musculoskeletal injury at birth is clavicle fracture • ...

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Upper Extremity In Sports Medn The - SIGE Cloud

Erratum in Am J Sports Med. 2018 Oct;46(12):NP69-NP72. BACKGROUND: Ice hockey is a physically demanding sport where athletes are susceptible to a variety of injuries. Several studies reported the overall injury rates in ice hockey; however, there is a paucity of information on upper extremity (UE) injuries among collegiate ice hockey players.

Epidemiology of Upper Extremity Injuries in NCAA Men's and ...

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Your upper extremity includes your hands, wrists, and elbows which help you eat, get dressed, earn a living, and play sports. The team at SportsMED Orthopedic Surgery & Spine Center includes upper extremity specialists who diagnose and treat conditions that affect your hands, wrists, and elbows. To schedule an evaluation, call our office or request an appointment online at any of our four locations servicing the communities of Huntsville, Madison, Athens, and Decatur, Alabama.

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Another trend which presents itself is that acute injuries commonly occur in the lower extremity while chronic injuries most often manifest themselves in the upper extremity and trunk.7 12 13 In a 6-year injury-surveillance study performed at the United States Tennis Association Boy's National Championship, the prevalence of injury was 21.1%, with the back being the most common anatomic site ...