Wrist Hockey Injuries

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Disclosure Information
Ann Van Heest MD

Disclosure of Relevant Financial Relationships
I have no financial relationships to disclose.

Disclosure of Off-Label and/or Investigative Uses
I will not discuss off label use and/or investigational use in my presentation.

Epidemiology of United States High School Sports-Related Fractures, 2008-09 to 2010-11

- Swenson, Hanke, et al
- 21,251 injuries
- 11,544,455 athletic exposures
- 9.9% fractures
- Football 4.4/10k AE
- Boys Hockey 3.1/10k
- Boys LaX 2.6/10k
- Hand/Finger 32%
- Lower Leg 10%
- Wrist 9.5%
- Boys>Girls

Fractures

- Metacarpal and Phalangeal
- Carpal Fractures

Scaphoid Fractures
ORIF with vascularized pedicle 3rd MC

Hook of Hamate Fractures

20 yo Collegiate Hockey Player
Hook of Hamate Excision


Ulnar Sided Wrist Pain
  - ECU tendonitis
  - TFCC injury
  - DRUJ instability
  - Carpal instability
19-22 yo Female Hockey Player

18 yo Female Hockey Injury- TFCC tear

TFCC tears and Ulnar Variance
Division I 18 year old Male Gymnast

Ulnar Shortening Osteotomy

Conclusion

- Fractures
  - Phalangeal
  - Metacarpal
  - Carpal
  - Scaphoid
  - Hook of Hamate

- Wrist "Sprain"/ Pain
  - ECU tendonitis
  - TFCC
  - Ulnar Variance