



Types of Hand Injuries: Its Causes and Treatment Methods

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Description

Hand injuries can significantly impact our daily lives, limiting our ability to perform everyday tasks and affecting our overall quality of life. From minor cuts and bruises to severe fractures and lacerations, hand injuries can occur in various situations.

Causes of hand injuries

Hand injuries can result from a wide range of causes, including:

Accidents: Common accidents that lead to hand injuries include falls, vehicle collisions, and machinery-related incidents. These accidents can cause fractures, dislocations, crush injuries, and deep lacerations.

Workplace hazards: Occupations that involve manual labor or work with machinery and tools pose a higher risk of hand injuries. Workers in construction, manufacturing, and agriculture, for example, are susceptible to injuries such as cuts, burns, amputations, and Repetitive Strain Injuries (RSIs).

Sports and recreational activities: Participating in sports and recreational activities carries the risk of hand injuries. Sports like basketball, football, and martial arts, as well as activities like rock climbing or biking, can result in fractures, sprains, and ligament tears.

Types of hand injuries

Hand injuries encompass a wide range of conditions, including:

Fractures: Hand fractures occur when one or more bones in the hand are broken. They can range from simple hairline fractures to more complex compound fractures, depending on the severity of the injury.

Dislocations: Dislocations happen when the bones in a joint are forced out of their normal position. In the hand, dislocations often occur in the finger joints and can lead to pain, swelling, and limited mobility.

Tendon injuries: Tendons connect muscles to bones and play a crucial role in hand movement. Injuries to tendons can cause pain, weakness, and loss of function. Tendon injuries may include strains, tears, or ruptures.

Lacerations: Lacerations are deep cuts that can damage tendons, nerves, and blood vessels. They often occur due to accidents involving sharp objects or machinery and require immediate medical attention.

Treatment options

The treatment of hand injuries depends on the specific type and severity of the injury. Some common treatment options include:

Immobilization: Splints, casts, or braces may be used to immobilize the hand, allowing bones and soft tissues to heal properly.

Medications: Pain-relieving medications and anti-inflammatory drugs may be prescribed to manage pain, reduce swelling, and promote healing.

Surgical intervention: Severe hand injuries, such as complex fractures or tendon tears, may require surgical intervention. Surgery aims to realign bones, repair damaged tissues, or reattach tendons.

Rehabilitation: Hand injuries often necessitate rehabilitation to regain strength, flexibility, and function. Physical therapy exercises, occupational therapy, and hand exercises may be recommended.

Prevention of hand injuries

Taking preventive measures can significantly reduce the risk of hand injuries. Here are some important preventive strategies:

- When engaging in activities that pose a risk of hand injury, such as sports or manual labor, always wear appropriate protective gear such as gloves, wrist guards, or safety goggles.
- Learn and follow proper techniques when handling tools, machinery, or participating in sports activities to minimize the risk of accidents and injuries.
- Ensure that home and workplace are free from hazards. Keep floors clean and dry, secure loose rugs or cords, and maintain proper lighting to prevent slips, and trips.

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