

REHABILITATE

Recovery time may last from 2 – 4 weeks, depending on the severity of the injury. During this time, the joint immobilization is important. Specialized braces are affordable and available at the local pharmacy. ACE wraps, splints and Kinesiology Tape (KT Tape) can also be employed. Serious hyperextensions may include ruptured ACL and / or PCL ligaments and may require surgery.



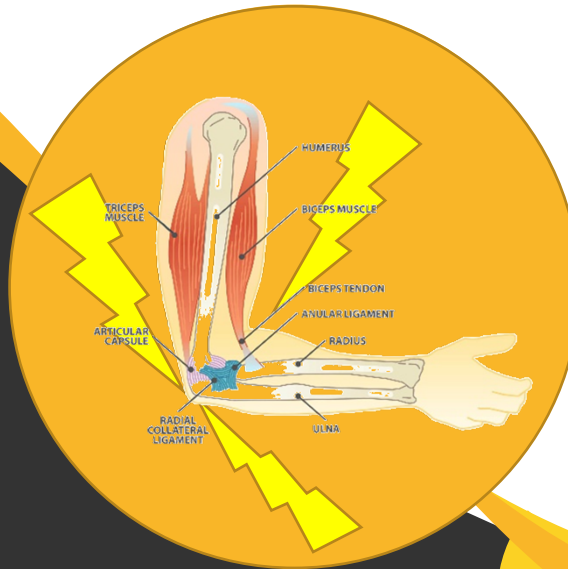
ELBOW

Excessive extension of the elbow joint (Backwards beyond straight) can be extremely painful and lead to weakness, limited Range of Motion and instability and should be treated right away.

KNEE & ANKLE

“genu recurvatum” Hyperextension of the knee occurs when the joint at the knee, extends excessively and stresses the structure of the knee and the posterior (back) of the knee joint.

When the ligaments that support the ankle overextend (Hyperextend) the result is an ankle sprain. It is important to treat and recover as quickly as possible to avoid limited Range of Motion, instability and weakness.



HYPER-EXTENSION

IN COMBAT SPORTS

Combat Sports like Wrestling, Judo, Jiu-Jitsu, Kickboxing, Boxing and MMA are highly competitive, contact sports, with high risks to injuries at the elbow, knee, and ankle joints. These injuries result from overextending punches and kicks and various joint locks. They should be treated immediately.

RETURN TO TRAINING

Training can resume once a healthcare provider has cleared the athlete. Once recovered, Range of Motion has returned, along with strength and stability, its safe to resume training at low intensities. Bracing should be continued and slowly weened as strength and stability continues to rebuild. After 2 – 4 weeks of low to moderate intensity training, the athlete should be ready to resume normal training. All athletes should seek professional medical guidance before returning to regular training

EMERGENCY RESPONSE & R.I.C.E. PROTOCOL

Once there's an indication of a hyperextension, the athlete should be removed from training immediately. Then the limb should be immobilized or splinted and the R.I.C.E protocol should be followed.

Rest – Immobilize the joint, rest it.

Ice – Apply ice pack to reduce the swelling and sooth pain

Compress – Wrap the injury to compress in order to aid in circulation

Elevate – Elevate the injury above the heart to reduce blood flow and pressure which can lead to swelling and pain

Continue R.I.C.E. for 72 hours

SEEK PROFESSIONAL CARE

If it is suspected that there is a fracture accompanying the hyperextension or other serious injury, call 911/ EMS immediately. Otherwise, after beginning R.I.C.E. protocol schedule an appointment with a medical professional as soon as possible.



REFERENCES

Larson, Jennifer, and Craig Tifford, MD. "How to Identify and Treat a Hyperextended Joint." *Healthline*, 2020. April 27. <https://www.healthline.com/health/hyperextension>.

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. Laskowski, M.D., E. R. (2018, March 7). *Hyperextended knee: Cause of serious injury?*. <https://www.mayoclinic.org/diseases-conditions/knee-pain/expert-answers/hyperextended-knee/faq-20058471>

