

Freestanding ER Talks About FOOSH



Falling **O**n an **O**ut**S**tretched **H**and

The Best Way to Fix a FOOSH

A FOOSH injury, or “falling on an outstretched hand,” is an easy way to be injured, and it can leave you with anything from a sprain to a fracture. When this happens, come to the nearest North Dallas, TX, Advance ER for fast access to board-certified physicians any time, day or night.

What’s the first thing I should do for a FOOSH injury?

When you have a hand or wrist injury, Advance ER is your first stop. Don’t wait to get an appointment with a surgeon, Advance ER can diagnose you quickly with our incredible *No Wait* service and experienced physicians. If possible, find a way to immobilize the wrist and hand such as wrapping a towel around it. Putting ice on it will help reduce the swelling and pain until you can get to Advance ER for treatment.

Do I need a specialist?

With in-house X-rays and imaging equipment readily available, we can assess the damage to your hand or wrist and help you determine the next steps to take. If a specialist is needed, you can have easy access to a specialist such as Dr. Lan Hua, renowned hand surgeon and plastic & reconstructive surgeon, through our SPECIALIST NOWSM program.

Your hand surgeon will be able to evaluate your need for surgery or a medical procedure. Through Advance ER, this specialist service is offered at no extra office charge from the specialist.

What are the complications of a FOOSH injury?

A common problem seen with FOOSH injuries is attributed to an undiagnosed scaphoid fracture. This fracture is easily overlooked and can result in on-going wrist difficulties including the onset of arthritis. Undiagnosed complications can be kept to a minimum by going to Advance ER right away and making use of the SPECIALIST NOWSM services.

Since wrist bones are tiny, it is common for them to not heal properly. If blood flow to the fracture is hindered, the bone can't heal well. Your physician at Advance ER and your surgeon will recommend the best course of action to try to prevent this problem.

Other complications include:

- Wrist stiffness
- Wrist weakness
- Chronic pain
- Poor union of fractured bone
- Bone decay
- Degenerative changes
- Arthritis
- Tendon, nerve, tissue or blood vessel damage
- Cartilage loss
- Carpal Tunnel Syndrome
- Complex Regional Pain Syndrome/Reflex Sympathetic Dystrophy

Treatments for a FOOSH injury

Depending on the location and the severity of the injury, a FOOSH fracture may be wrapped with an elastic bandage or cast. Severe or complicated fractures may require surgery. Following the healing time, you may need to go to physical therapy to regain your mobility and strength.

Prevention of a FOOSH injury

Since there can be complications, pain and physical therapy accompanying a hand or wrist injury, prevention of a FOOSH fracture is the best approach.

Here are some tips for FOOSH prevention:

- Wear protective wrist and elbow gear for skateboarding, in-line skating, dirt biking, and other sports that result in wrist impacts.
- Learn “safe falling” techniques. Gymnastics and karate are great places to learn how to fall safely, or check out some coaching on YouTube. Practice on a trampoline or mat, if possible.
- Wear sensible shoes to prevent unnecessary falls.
- Use handrails.
- Build strong bones with healthy diets including calcium and Vitamin D.
- Build strong bones with wrist exercises.
- Remove tripping hazards around the house.
- Rebuild bone strength by stopping smoking.

But what's the #1 prevention for FOOSH injuries?

Experts say the fear of falling is the reason why people tense up, fall awkwardly and throw out an arm to break their fall, causing a classic FOOSH injury. Exercising and

practicing safe falling techniques can help you overcome the fear of falling and prepare for it when it happens.

The *right care* in the *right place* at the *right time*

But not all accidents are preventable. To find excellent medical care for your hand or wrist injury, visit Advance ER in one of our two convenient locations in Park Cities or the Galleria Area. Our concierge-style service can help you start to feel better right away. Visit us at www.advanceer.com