



BHARATHIDASAN UNIVERSITY

Tiruchirappall-620024

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UNIT – IV UPPER EXTREMITY INJURIES AND EXERCISE

Dr. P. PREMNATH
GUEST LECTURER
DEPT OF PHYSICAL EDUCATION&YOGA

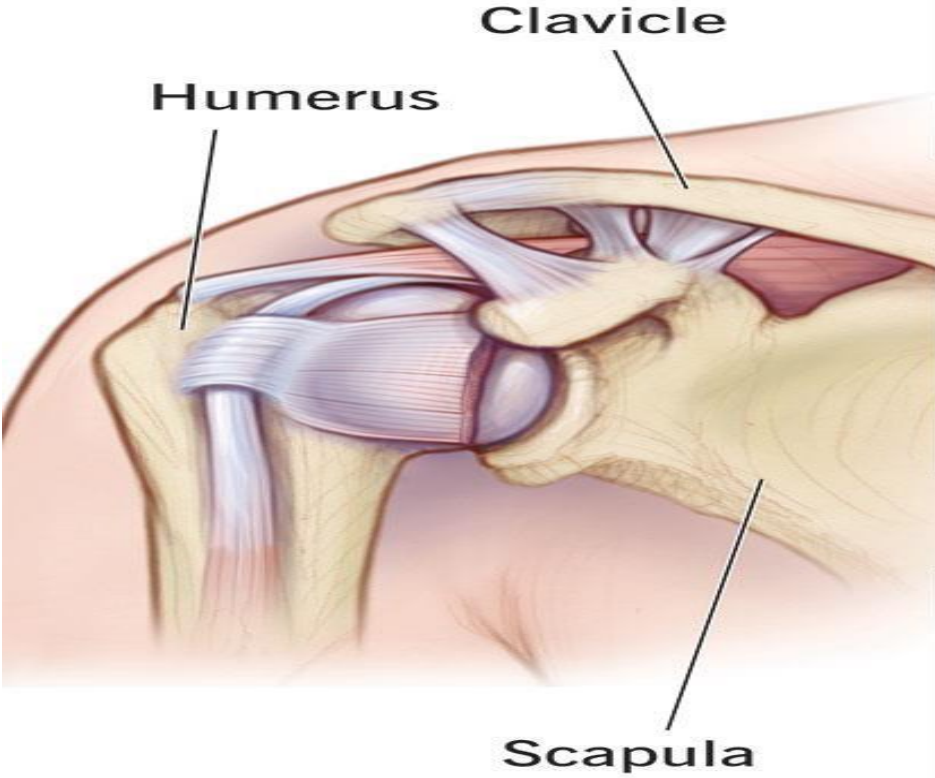
Dr.R JAGATHESAN
GUEST LECTURER
DEPT OF PHYSICAL EDUCATION&YOGA

Shoulder Sprains and Strains

- A sprained shoulder involves the stretching or tearing the bands of tissue—the tough ligaments that connect bones at the joint.
- On the other hand, a shoulder strain refers to the stretching or tearing of muscles or tendons—the tissues that connect muscles to bone.
- Sprains and strains can range from mild to severe, depending on the extent of the damage.

Shoulder sprain

Healthy shoulder



Mild (grade 1)



Moderate (grade 2)



Severe (grade 3)



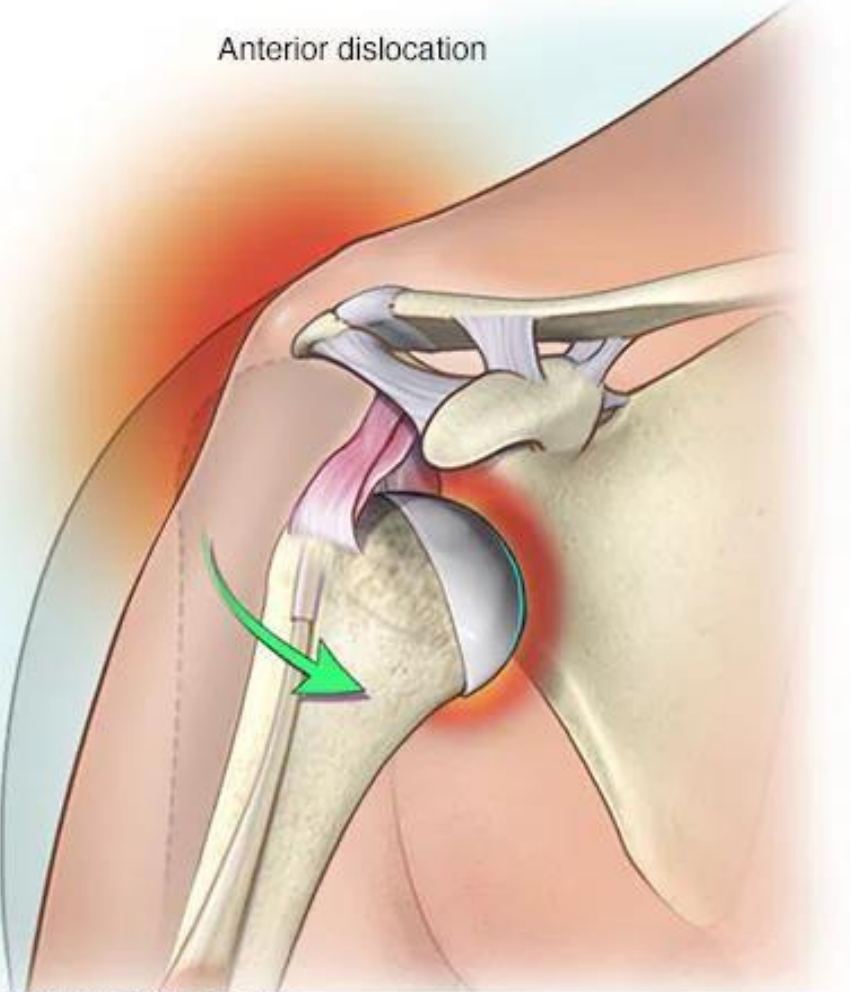
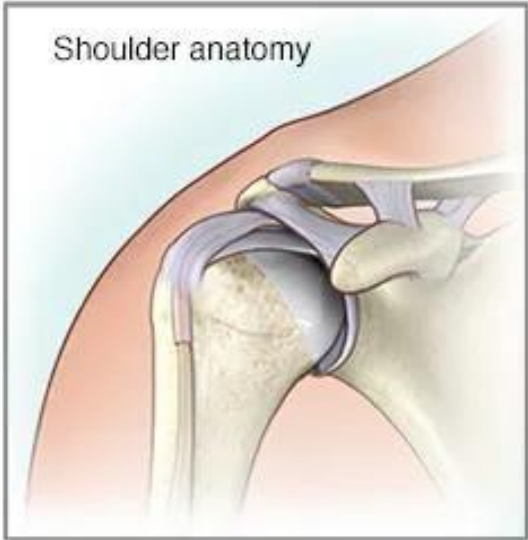
Symptoms and causes

- [Shoulder pain.](#)
- Swelling.
- [Bruising](#) or discoloration.
- Instability (feeling like your shoulder is weaker than usual or it's less secure or sliding out of place while you're using it).
- Reduced range of motion (it's hard or painful to move your shoulder as far as usual)
- [Sports injuries.](#)
- Falls.
- [Repetitive strain injuries](#) (overusing your shoulder or performing a repetitive motion with your arms and shoulder for work, a sport or a hobby).

Management and treatment

- The most common treatment for shoulder sprains is the R.I.C.E. method:
- **Rest:** Avoid the activity that caused the injury. Try not to use your shoulder while it heals.
- **Ice:** Apply a cold compress to your shoulder 15 minutes at a time, a few times a day. Wrap ice packs in a towel or thin cloth so they're not directly touching your skin.
- **Compression:** Wrap an elastic bandage around your shoulder to help reduce swelling. Your provider can show you how to apply a compression wrap safely.
- **Elevation:** Keep your shoulder above the level of your heart as often as you can.
- Over-the-counter [NSAIDs](#) (aspirin or ibuprofen) or acetaminophen can reduce pain and inflammation. Talk to your provider before taking over-the-counter pain medication for longer than 10 days

Shoulder Dislocation



symptoms

- Dislocated shoulder symptoms can include:
- A visibly deformed or out-of-place shoulder
- Swelling or bruising
- Intense pain
- Inability to move the joint

Symptoms and Causes

The most common symptoms of a dislocated shoulder include:

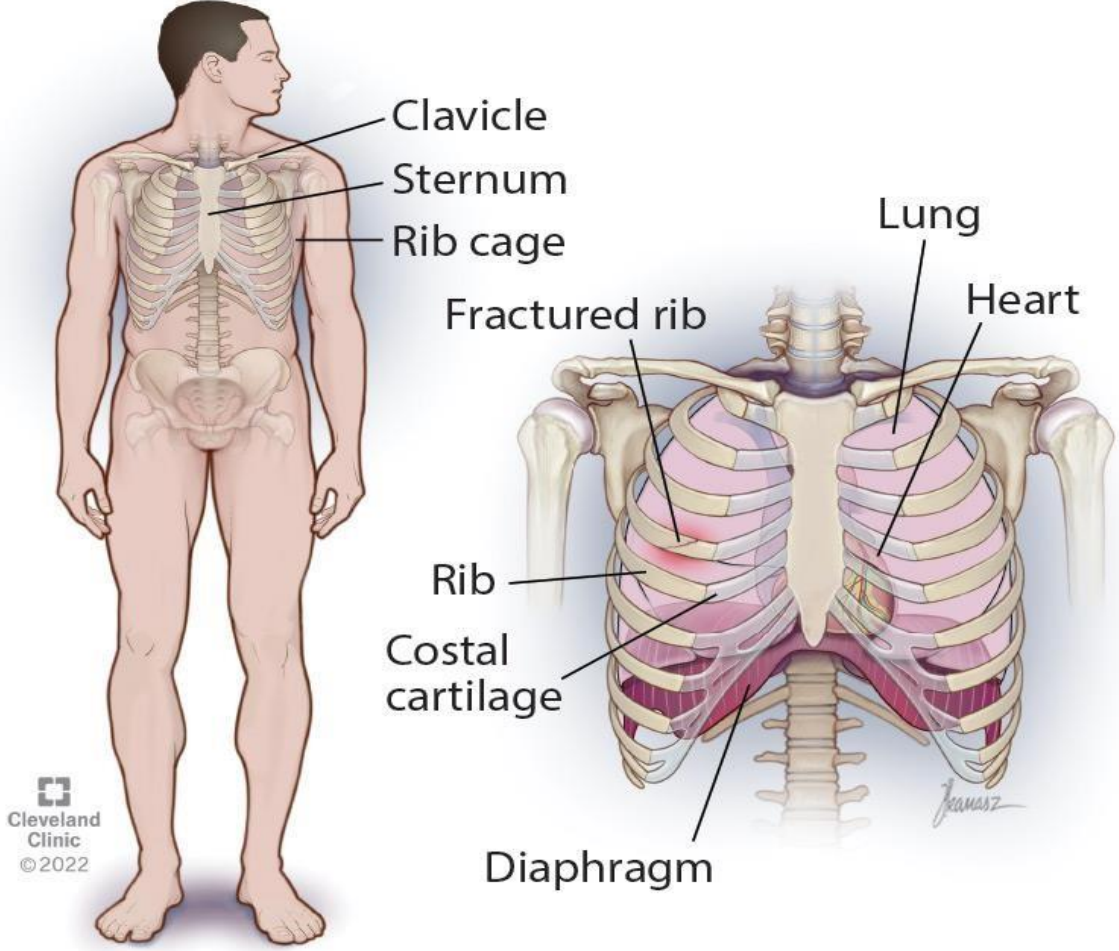
- Extreme pain.
- Weakness.

- Inability to move your arm.
- Your shoulder being visibly out of place.
- Swelling.
- [Bruising](#) or discoloration.
- [Muscle spasms](#).
- Numbness, tingling or weakness in your arm, hand or fingers.
- Any force that's strong enough to push your shoulder joint out of place can cause a dislocation. The most common causes include:
 - Falls.
 - Car accidents.
 - [Sports injuries](#).
 - **Management and treatment:**
 - **Immobilization**

- **Medication**
- **Rest**
- **Physical therapy**

Thorax , Rib fracture

Rib Fracture



Rib fractures

- A rib fracture is the medical term for a broken rib. Rib fractures are usually caused by car accidents, [sports injuries](#) or other traumas. It's possible to break a rib without experiencing trauma, too.

Types of rib fractures

A healthcare provider will classify your rib fracture based on the type of break you experienced. There are lots of different break patterns, but some of the most common include:

- [Stress fracture](#).

- Avulsion fracture.
- Comminuted fracture.
- Floating fracture

BREATHING EXERCISE

- Breathing exercises only take a few minutes and you can do them anywhere. For example you can do them:
 - standing up
 - sitting in a chair that supports your back
 - lying on a bed
 - lying on a yoga mat on the floor
 - **Breathing exercise**
- This calming breathing exercise is for stress, anxiety and panic.
 1. Let your breath flow as deep down into your belly as is comfortable, without forcing it.
 2. Try breathing in through your nose and out through your mouth.

3. Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
4. Then, without pausing or holding your breath, let it flow out gently. Count from 1 to 5 again, if you find this helpful.
5. Keep doing this for 3 to 5 minutes.

stretching and strengthening exercise ,shoulder , elbow , wrist and hand

- [Chest expansion](#)
- [Eagle arms spinal rolls](#)
- [Seated twist](#)
- [Shoulder circles](#)
- [Doorway shoulder stretch](#)
- [Downward Dog Pose](#)
- [Child's Pose](#)
- [Thread the needle](#)
- [Neck stretches](#)
- [Shoulder rolls](#)
- [Pendulum stretch](#)
- [Cross-body arm swings](#)
- [Cross-body shoulder stretch](#)

- Ragdoll Pose
- Cow Face pose
- Side-lying thoracic rotatio

