

Mayo Clinic Minute

Avoiding overuse wrist injuries

Video	Audio
	It can happen while doing the simplest of activities.
00:07:25 Dr. SANJ KAKAR 01:	"Holding a laptop, typing, texting, things like that.
	It's an injury from overuse, and Dr. Sanj Kakar, a Mayo Clinic orthopedic hand and wrist surgeon, sees it all the time.
00:06:12 Sanj Kakar, M.D. Orthopedic Surgery Mayo Clinic	"Overuse injuries are very common in the hand and wrist, and what we're talking about primarily are tendon problems."
	The tendons are like ropes that help you move your fingers.
00:06:52 Dr. SANJ KAKAR 01:	"So every time they move their wrist going into what we call 'ulnar deviation' or pointing their thumb down, they get exquisite pain in this area."
	You should try to cut back on doing the repetitive activity.
00:07:05 Dr. SANJ KAKAR 01:	"Therapy helps. Therapies can use ultrasound to calm this area down, and sometimes a splint can help."
	If things still get worse ...
00:07:15 Dr. SANJ KAKAR 01:	"... sometimes we need to do a corticosteroid injection to decrease inflammation. And most of the times, it gets better. But sometimes we need to do surgery."
	But as tough as it can be, Dr. Kakar says the best thing you can do is try and prevent these injuries.
00:07:25 Dr. SANJ KAKAR 01:	"And then we have to think creatively of using, for example, voice-activated software to decrease the amount of texting, for example, or typing."
	For the Mayo Clinic News Network, I'm Ian Roth.

