

Mayo Clinic Minute: Why wrists are a common casualty of winter

Video	Audio
	When winter brings ice and snow, slipping, sliding and falling become a problem.
Sanj Kakar, M.D. Orthopedic Surgery Mayo Clinic	“And immediately, if you think when you fall, you’re going to put your wrist out and what will happen is that will brace your fall and all your body weight goes through there.”
	Mayo Clinic orthopedic hand and wrist surgeon Dr. Sanj Kakar always sees a spike in wrist injuries immediately after winter storms, especially among older people whose bones may become weak over time because of osteoporosis.
	In most cases, Dr. Kakar says four to six weeks in a cast to let the bone heal is the best treatment, assuming it’s lined up OK, but sometimes surgery is necessary.
	But avoiding a wrist injury when you fall on ice is difficult.
	“I think when we fall, it’s a split-second decision of how we’re going to fall. And the problem is if you fall onto your wrist, there’s a high chance of a wrist fracture. If you fall down, for example, on your hip, then there’s a hip fracture.”
	He says if you have to walk in snow or on ice, it’s best to slow down and have something or someone to hold on to in case you start to fall.
	For the Mayo Clinic News Network, I’m Jason Howland.