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Scaphoid Fracture or Grade One Wrist Sprain on a Division I College Female Athlete

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Objective: to examine a unique injury in the field of Athletic Training

Background: The patient is a 19 year old Female, Soccer player. There is no past medical history relevant to this injury. Patient was hit in the right hand by a game ball, complained that “hand and wrist was hurting really bad” Observations- swelling, discoloration near first metacarpal, limited ROM, and pain. Patient experienced discomfort when palpating palmer side of hand. Point tender when palpating on the scaphoid. + Compression test, compression was done on the forearm proximal to the shoulder, pain was felt near the wrist. + Bump test on first Metacarpal. Patient was given ice, splinted, and sent for x-rays.

Differential Diagnosis: Scaphoid fracture, grade one wrist sprain. Both the Athletic Trainer and physician suspected a Scaphoid fracture. First x-ray 10/13 – no notable bony abnormalities second x-ray 11/4 – no notable bony abnormalities.

Treatment: Patient was braced for non-activity, and athletics. Patient was noncompliant with treatment and rehab, as well as staying braced

during non-activity. A new simple at home rehab plan and exercises has been given to help with the noncompliance of coming into the ATR since patient has had diminished strength and still experiencing painful wrist extension.

Uniqueness: Patient had all of the positive findings of a scaphoid fracture. After both sets of x-rays there was no notable deformity, leading the diagnosis to be a grade one wrist sprain. **Conclusions:** New rehabs have been made to accommodate patient’s schedule and allow her to do them outside of the ATR. With the at home rehab sheet it has also been made clear to the athlete the reasons why she needs to do them and that the line of communication between AT and athlete has to be more open to make sure that everything that could possibly be done is being done for the patient.

Clinical Application: Be sure to get 2 sets of x-rays with a suspected scaphoid fracture also when working with non-compliant patients be sure to work up an at home protocol.

Key words: scaphoid, fracture, wrist sprain, athlete