

Rollerblading and Wrist Fractures

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It can be quite thrilling to fly down the sidewalk or park path on rollerblades with the warm summer air blowing through your hair. However, did you know that one of the most common causes of wrist fractures due to falls is from in-line skating falls?

A wrist fracture from this type of fall (usually falling on the outstretched hand) can be anywhere from minor, needing only a splint and rest, to major requiring casting and surgery. The bones most often affected in this type of fall are the radius (the largest bone of the wrist joint) and the scaphoid (inside the wrist, the size of a small stone). Some wrist fractures heal very nicely without any residual effects. More often, they result in some kind of loss of movement in the wrist and/or a deformity, meaning the wrist doesn't quite look the same again.

Don't fret all of you rollerblading fans. You don't have to hang-up those rollerblades just yet, there is a solution. The simplest and easiest way to avoid a wrist fracture from a rollerblading fall is to simply wear wrist guards. They can be purchased at a sporting goods or discount retail store for as little as \$15 (much less than that medical bill!). Make sure you purchase the correct size for your hand. The guard should fit snugly, but not so small that parts of the palm are being exposed or the circulation is cut off. If the guard is too big or not fastened tight enough those wrist bones can still break in a fall. Make sure the guards are on the right hands, the hard plastic piece should be on the palm-side of your hand/wrist.

So have fun this summer, keep those risky moves to a minimum, and wear wrist guards! Don't forget your helmet, knee and elbow pads too! They will keep you protected and in shape for all those blading miles ahead of you.