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Wrist Injuries Double During Ice Storms

San Antonio Orthopaedic Group saw a rush of patients during Friday storm.

By Jim Forsyth

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When the weather gets icy, business gets better for Dr. Christian Woodbury.

He's a hand and wrist specialist at the San Antonio Orthopaedic Group, the region's leading orthopaedic practice, and he saw his patient load double last Friday, when the ice storm blew through the region.

"Any time there's an ice or snow event, this happens," Dr. Woodbury said.

He says it is a reflex action to put out your arm to break a fall, and in fact, that prevents damage to more sensitive parts of the head and torso in a fall. But he says the radius bone, the long bone, takes the brunt of a fall.

"If there is a fall, if there is pain, swelling, or any decreased range of motion, it's a good idea to look into getting checked out," he said.

Dr. Woodbury says just because there is not a lot of pain, that doesn't mean there hasn't been serious damage to the wrist.

"Surprisingly, we see people who have very little pain in their wrist, and there are also people who know immediately if their wrist doesn't work right."

He says ice is so hard, hitting it in a fall is like dropping from four feet in the air. He says usually, wrist injuries come from participation in extreme sports like inline skating and snowboarding, or traditional sports like soccer, football, and volleyball.'