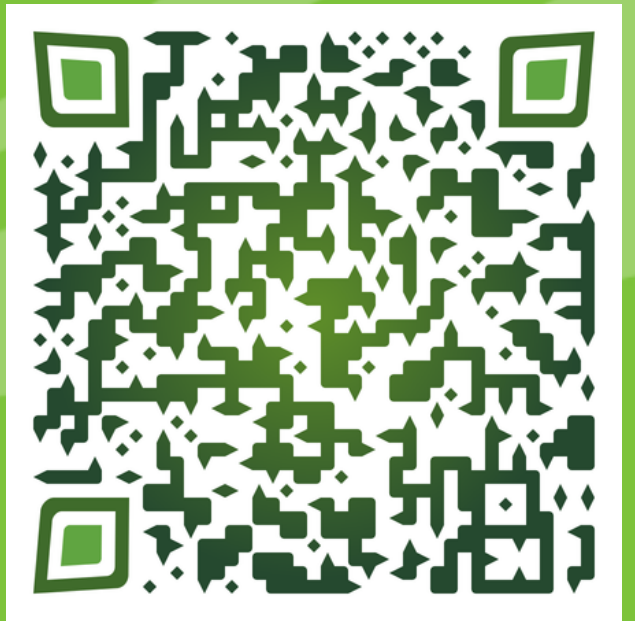




WORK RIGHT REVIEW

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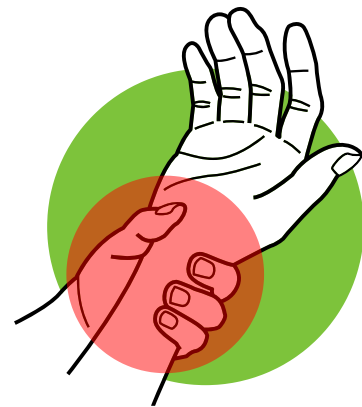
THE COST OF INJURY: THE WRIST

BY WRNW

This month's installment of *The Cost of Injury* focuses on a part of your body with an abundance of bones, ligaments, joints, and tendons - the wrist. With so many working parts, it's no wonder wrist injuries happen easily and with glaring frequency. Let's dive into common wrist injuries, costs associated with them, and how you can avoid both!

Wrist Sprain & Fracture

For mild wrist **sprains**, the injury can be dealt with at home with icing, compression and elevation, or in moderate cases a splint might be necessary which may cost \$500 or less to visit a doctor and have an x-ray.



Non-surgical treatment for a typical wrist fracture begins to add higher costs. \$2,500 for a fracture needing a cast. \$1,000-\$2,000 for a potential emergency room visit. Not to mention medical professional treatment costs ranging from \$250-\$900. Without insurance these median costs land around \$6,000.

Carpel Tunnel Syndrome

Carpal tunnel syndrome is a common condition in the hand or arm that causes weakness, tingliness, numbness, and pain. The cost for surgery varies from \$2,500 in an outpatient facility, to \$5,300 in the hospital. With insurance, however, the costs drop significantly to around \$1,000 (to include aftercare, therapy, and rehab). Surgery may also keep industrial athletes away from their usual work for as much as 6 to 12 weeks.

Many carpel tunnel syndrome symptoms can be relieved and *prevented* with simple measures:

- Reducing your force and relaxing your grip
- Take short, frequent breaks. Gently stretch and bend your hands/wrist periodically
- Watch your form - try to avoid bending your wrist all the way up or all the way down
- Improve your posture
- Wear a wrist splint while sleeping
- Do exercises to keep the median nerve mobile
- Avoid activities that aggravate your symptoms

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

