



WHAT IS STINGER OR BURNER?

A stinger or burner is an injury to a group of nerves known as the brachial plexus. This nerve bundle is often injured during sporting activities and results in loss of sensation to the affected arm (paraesthesia).

The brachial plexus includes nerve roots extending from the lower part of the neck (cervical spine) and extending to the top of the mid spine (thoracic spine).

CLASSIFICATION OF BRACHIAL PLEXUS STINGER:

Grade 1: Known as a neuropraxia and results in a temporary loss of sensation and/or loss of motor function. This may last minutes to days.

Grade 2: Known as axonotmesis, meaning there is actual nerve damage without severing. This results in more severe sensory and motor dysfunction that may take several weeks to regenerate

Grade 3: Known as neurotmesis and classified as a severe injury. The nerve will be completely severed with symptom's lasting up to a year. Surgery is often required.



CAUSES OF A BRACHIAL PLEXUS STINGER:

The most common mechanism is when the head is forced to one side while the opposite shoulder is depressed resulting in brachial plexus over stretching. Another common mechanism is a direct blow to the side of the neck/shoulder.

DIAGNOSIS:

A complete medical evaluation will be needed for someone who suffers a brachial plexus injury. A subject history will be taken to investigate to mechanism of injury, current symptoms and other behaviours. An objective neurological examination will be completed looking at sensation changes, muscles strength, reflexes and movement patterns.



SCAPHOID FRACTURE

SIGNS AND SYMPTOMS:

- Burning sensation in the neck and/or arm
- Arm numbness
- Arm weakness
- Changes in temperature sensation

INITIAL TREATMENT:

Initial treatment will consist of the RICER principle – rest, ice, compression, elevation and rest. The injured person should be completely removed from any sporting activities. Once instructed by your physiotherapist gentle range of motion exercises will begin. Strength training is usually contraindicated.