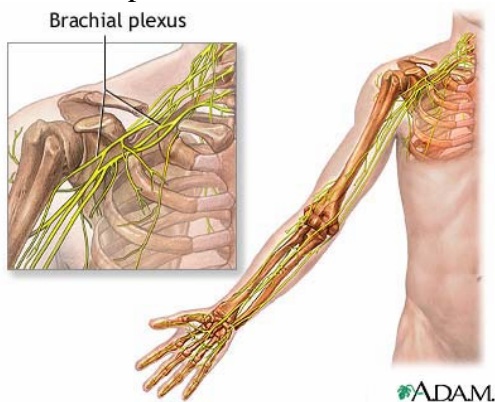
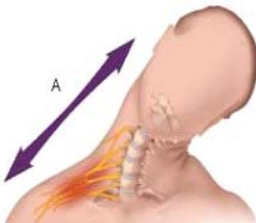


Brachial Plexus Injury

Burner or stinger is an injury to the nerves that originate from the neck and down into your arm. These separate nerves come together in the upper shoulder to form the brachial plexus.



What causes a Brachial Plexus Injury?



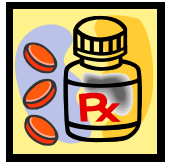
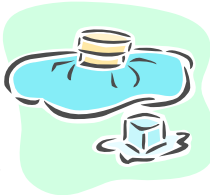
Brachial plexus injuries usually occur during a contact sport such as football, ice hockey or wrestling. The injury occurs when the head and neck are hit to one side, stretching the brachial plexus on the opposite side. The nerves become irritated as a result of being stretched or compressed.

Symptoms

- ❖ Intense pain from the neck down to the arm
- ❖ “Pins and needles” sensation in neck, shoulder or arm
- ❖ Numbness, tingling, or weakness in the shoulder or arm

Treatment

Some burners last only a few minutes and won't require any medical treatment. Usually an anti-inflammatory and an ice pack on the neck and shoulder for about 20 minutes will help decrease the burning sensation and pain. Severe cases may require physical therapy to strengthen the neck and shoulder muscles.



Return to Play for Athletes

- ❖ Pain free
- ❖ Regains full range of motion
- ❖ Muscle strength is adequate
- ❖ Normal sensation in neck & arm
- ❖ Protective gear inspected for proper fitting and good condition
- ❖ Must be cleared by a certified athletic trainer, physical therapist, or team physician



Prevention

- ❖ Strengthening the neck muscles is an important way to prevent burners from occurring.
- ❖ Using good technique in contact sports is also important.
- ❖ Making sure all protective gear fit properly and are kept in good condition.