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Andrew Seltzer, DO

Dr. Andrew Seltzer specializes in hand surgery and joint replacement. He has been practicing Orthopaedic medicine in Palm Beach County since 1989, following the completion of his fellowship training in Hand Surgery at the University of Southern California. Dr. Seltzer previously received his Orthopaedic Trauma training at University of California and studied total joint replacement at Brigham & Young Women's Hospital through Harvard Medical School in Boston.

Dr. Seltzer is a member of the American Board of Osteopathic Surgeons and was awarded his board certification with the American Osteopathic Board of Orthopaedic Surgery. He also earned the Certification of Added Qualification in Hand Surgery. Dr. Seltzer is an Expert Medical Advisor for the State of Florida, Division of Worker's Compensation and a Clinical Assistant Professor with Nova Southeastern University. Dr. Seltzer was the first physician in Palm Beach County to be honored with the Pro Bono Community Service Award by the Palm Beach Legal Aid Society.

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It's A Strain; It's A Sprain; Or Is It?

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From aspiring athletes to tots on trikes, kids are especially susceptible to wrist injuries due to falls. When a person begins to fall, it is a natural reaction to brace yourself by putting out your arms. This causes all of the force of the fall to be absorbed by your wrists. Often times, this causes sprains or breaks in the small bones of the wrist.

The bone most likely to break is the scaphoid, the small bone on the side of the wrist near the thumb. It is one of the eight carpal bones and injuries here can be hard to detect. "At times, they do not show symptoms of a broken wrist and are often miss-diagnosed as a sprain, not a break," says Dr. Andrew Seltzer of Palm Beach Orthopaedic Institute. These breaks can come from a fall, a severe twisting of the wrist or from a direct hit on the bones in the wrist. Youth sports, such as football, soccer, basketball and activities such as bike riding or skateboarding, can put growing bones at risk. If your child has a fall or injury playing a sport or other activity, here are the warning signs of a scaphoid break.

- * Pain, tenderness or swelling on the side of the wrist near the thumb.
- * Hard time moving or twisting the wrist and thumb.
- * Hard time grasping or gripping things
- * Bruises around the wrist.

If these symptoms occur, you should see an orthopedic hand specialist. These highly trained physicians will do a medical history and a physical exam to determine the likelihood of a broken bone. They may take X-rays, or an MRI or CT scan to confirm their diagnosis. In some cases, the tests are

inconclusive and need to be repeated in 1 – 2 weeks.

In most cases, a broken bone will be put in a splint or cast to immobilize the wrist. This will be worn for six weeks or longer, depending on the severity of the break. If the break is significant, it may require surgery. It is important to treat these injuries correctly to insure the best recovery. Not treating a break properly can result in more long-term problems such as arthritis of the wrist.

After the bone is healed and the cast or splint comes off, the wrist, arm and hand will be weak from lack of use. Your physician will prescribe an exercise program designed to make the recovery complete.

Although there is no sure way to avoid injury from a fall or as a result of playing sports, it is always wise to wear the protective equipment recommended for the sport or activity. Consult your doctor about what is best for your child.

If you are looking for a dedicated orthopedic practice to serve your needs, Palm Beach Orthopaedic Institute has a solution for you. For more information call the Palm Beach Orthopaedic Institute at (561) 694-7776 or logon to www.pboi.com and learn more about the physicians. Palm Beach Orthopaedic Institute has three convenient locations at 3401 PGA Blvd. Suite 500, Palm Beach Gardens, 2055 Military Trail, Suite 200, Jupiter and 1411 N. Flagler Dr., Suite 9800 in West Palm Beach.