

“Stinger”

What is it?

A stretch (shown with a red line) to the nerves (yellow structures) known as the “Brachial Plexus.” The Brachial Plexus are the nerves that go from the neck down to the hand on both sides of the body.

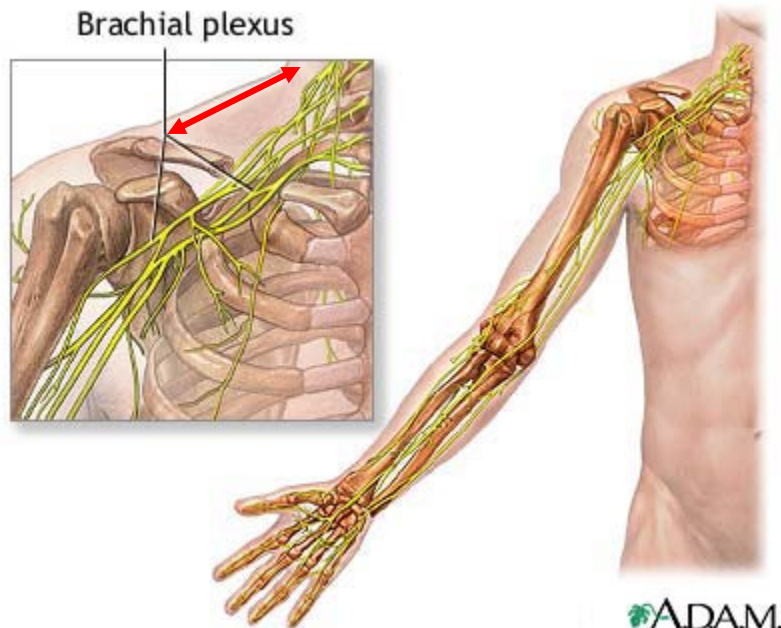
Signs and Symptoms

Tingling, numbness, pain, burning sensation (possible), decreased motion, weakness in the arm & hands

How should it be treated?

Athlete will be held out of practice/game until strength returns and all feeling has returned

If feeling does not return athlete will be referred to a doctor



<http://www.nlm.nih.gov/medlineplus/ency/images/ency/fullsize/9129.jpg>

References:

Bernier, Julie N., EdD, ATC (2005). *Quick Reference Dictionary for Athletic Training*. Second Edition. Thorofare, NJ: SLACK Incorporated.

Clayman, Charles B., MD (1989). *The American Medical Association Encyclopedia of Medicine*. New York: Random House, Inc.