

ABSTRACT

Injuries of upper extremity, which are caused by climbing activities on the indoor climbing walls or outside on the rocks, are mostly injuries of tendons of the hand, mainly the fingers, due to overload of the hand and the use of different grips. The overuse injuries with resulting inflammation are the most frequent, followed by partial and total ruptures of flexor tendons pulleys. Next there can originate some injuries caused by overload or increased force as dislocations with articular capsule injuries. The fractures are caused by great forces and they are less frequent compared to tendon and capsular injuries.

One of the most common injuries on climber's hand are closed ruptures of finger pulleys. I tried to reach up and map the situation of injuries of climber's hand during rock climbing and create some statistic of these injuries to find out the solution for the shortest recovery, and list out the therapy procedures. Our primary study included ten climbers with the pulley injury. Using the ultrasonography and magnetic resonance we have diagnosed the value of injury and proposed an individual treatment, conservative or surgical reparation of pulley and then with the use of questionnaire analysed the results and the time needed for recovery and the length of break in climbing activities.

Key words: injury, pulley, hand injury, rockclimbing, free climbing