

Preventing Volkmann's ischemic contracture

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Volkmann's ischemic contracture is a permanent flexion contracture of the hand at the wrist, resulting in claw deformity of hand and fingers. It is due to injury to the muscles of the forearm or fracture in the elbow region mainly fracture of supracondylar fracture of humerus. It is mainly caused by applying high pressure on the fractured site by native treatment. The famous "Puthur Kattu" originated in 1881 in Puthur in Andhra village and is prevailing in Tamil Nadu and Karnataka. It is a treatment using herbs mixed with egg-white and tied using used clothes. Most of the time, it leads to vicious cycle of vasoconstriction of blood vessel and so pooling and stagnation of blood results. Due to ischemia and vicious cycle, pressure raises above 30 mm of water. It leads to doctor induced compartment syndrome. This type of deformity is an acquired functional disability. Due to fibrosis, normal length is not maintained. The six P's manifested in this type of disability are Pain, Pallor, Parasthesia, Pulselessness, Puffyness, and Paralysis

Goal is to give awareness to the village and illiterate people of India to bring the patient to a medical practitioner within two hours of injury and give treatment scientifically.

Biography

Anu Jacob is doing her 4th year MBBS course under Dr. MGR University. She secured the Best Poster Award for Poster Presentation during 2nd International Conference on Pediatrics & Gynecology by OMICS Group, Los Angeles, USA held at Hyderabad, India during 2012.

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