

## *H2O New Treatment for Wrist Pain*

May 2007

Intro: A new finding at Mayo Clinic could help thousands get relief from annoying and sometimes debilitating wrist pain. Researchers there have identified a type of ligament injury that has been overlooked until now. Plus, they've developed an operation to fix it. Here's the latest from Mayo Clinic.

### **Video**

**Total running time 1:40**

**Phil Jacobson**

**Phil Jacobson  
Had Wrist Pain**

**Video of him showing where it hurts  
during a bowling throw**

### **Audio**

22-YEAR-OLD PHIL JACOBSON

SAYS HE WAS BORN TO BOWL.

"I'VE BOWLED SINCE I WAS ABOUT FIVE."

AND HE HASN'T STOPPED SINCE.

RIGHT NOW PHIL'S TRAINING TO COMPETE IN A NATIONAL BOWLING

TOURNAMENT. A DREAM HE

THOUGHT WAS IN THE GUTTER

WHEN A FALL ON THE ICE

RESULTED IN SEVERE, CHRONIC

PAIN IN HIS RIGHT WRIST.

"RIGHT HERE. THERE'D BE PAIN ON THE UNDERSIDE OF MY WRIST.

AND THE OTHER SPOT OF PAIN

WOULD BE AS I'M COMING BACK

DOWN."

**Richard Berger, M.D.**  
**Mayo Clinic Orthopedic Surgeon**

PHIL'S DOCTORS COULDN'T FIND THE SOURCE OF THE PAIN – HIS X-RAYS AND MRIS LOOKED NORMAL. THEN HE MET DR. RICHARD BERGER AT MAYO CLINIC.

“THERE'S ALWAYS BEEN A GROUP OF PATIENTS FOR WHOM WE HAVEN'T BEEN ABLE TO IDENTIFY THE SPECIFIC SOURCE OF THE PAIN.”

UNTIL NOW. DR. BERGER DEVELOPED A SIMPLE DIAGNOSTIC TEST THAT PINPOINTS THE SOURCE OF THE PAIN – AN INJURY OF WHAT'S CALLED THE U.T. LIGAMENT.

**Richard Berger, M.D.**

“WE'RE PUTTING OUR THUMB UP AND APPLYING PRESSURE TO THAT AREA.”

**Standup**  
**Vivien Williams**  
**Reporting**

YOU SEE, THERE ARE TWO MAIN TYPES OF INJURIES THAT CAN HAPPEN TO THAT LIGAMENT. THE FIRST IS A RUPTURE WHICH

DOCTORS HAVE BEEN TREATING WITH SURGERY FOR YEARS. THE OTHER, THE ONE DR. BERGER IDENTIFIED, IS A SPLITTING OR TEARING OF THE LIGAMENT.

**Richard Berger, M.D.**

“WE’RE CALLING THIS A SPLIT TEAR OF THE UT LIGAMENT.”

**To animation**

WHAT HAPPENS IS THE EXPOSED SURFACE OF THE LIGAMENT GETS IRRITATED AND INFLAMED AND CAUSES PAIN DURING USE. TO CORRECT THE PROBLEM DR. BERGER SHAVES AWAY THE DAMAGED TISSUE AND SUTURES THE SIDES BACK TOGETHER.

**Phil Jacobson**

“I WAS AVERAGING ABOUT 220. AFTER THE INJURY I WENT DOWN TO ABOUT 205. THIS YEAR I’M AVERAGING 230.”  
THROWING STRIKES. PAIN FREE.  
FOR MEDICAL EDGE, I’M VIVIEN WILLIAMS.

Anchor tag:

Dr. Berger identified this category of ligament injuries in the wrist. But he says more research needs to be done to see if this type of injury happens in other areas of the body such as the knee or elbow. If so, similar repairs may mean relief from pain.

He also says that these injuries may be quite common and he's designing a study to find out. For more information, visit our Website at.... **STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**