



Mid Atlantic Regional Chapter of the American College of Sports Medicine

Annual Scientific Meeting, November 2nd - 3rd, 2018
Conference Proceedings
International Journal of Exercise Science, Issue 9, Volume 7



Title: More Than Just a Hand Injury in a World Champion

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History: LB, a 51-year-old female competing for team USA at the International Weightlifting Federation (IWF) World Masters Championships in Barcelona, Spain on August 20, 2018 was on her third attempt (70kg) in the clean and jerk when she sustained intense pain in her right hand on the bottom of the jerk which caused her to not complete the lift. She came directly to medical area for evaluation.

Physical Examination: Right Hand: Sensation intact, 2+ radial pulse, <2 second capillary refill of first finger. The first finger extended posteriorly angulated off the metocarpophalangeal (MCP) joint.

Differential Diagnosis: 1. Dislocation of MCP joint of 1st finger 2. Ulnar collateral ligament of thumb injury 3. First finger fracture

Test and Results: No imaging obtained

Final/Working Diagnosis: Dislocation of MCP joint of first finger

Treatment and Outcomes: Reduction of first finger MCP joint dislocation was achieved in the medical area at the competition with normal exam post reduction. The patient then found out her prior lift of the clean and jerk (66kg) was enough to secure her the World Championship title for her weight class. It was then we found out her complete medical background, which included an ongoing battle with breast cancer for the past two years, diagnosed in the fall of 2016. Due to the aggressive nature of the cancer, she has undergone a bilateral radical mastectomy (including resection of both pectoralis major muscles), partial right lung resection, partial diaphragm resection and partial gastrectomy in November 2017. The operation kept her from training for 8 months. She has also undergone chemotherapy and radiation as her cancer has metastasized to her brain and bone. In February 2018, just 6 months prior to the competition, she sustained a pelvic fracture after a fall in her home. Despite this, her coach described her attitude and willingness to compete never faltered and she continued to train out of her garage in Arizona leading up to the Master's competition.

Her finger was completely healed two weeks after competition and she is back to lifting. LB, the IWF Master's World Champion for the Female 90kg Class, started another round of chemotherapy and radiation two weeks after the competition. Despite the 8 months her Oncologist has given her, LB is hopeful, kind spirited and a World Champion.