

Rollerblading Injuries In Children In District Of Temerloh, Pahang

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INTRODUCTION:

The year of 2016, rollerblading (RB) sport has a sudden increase in popularity among the teens in the District of Temerloh, Pahang, and the injuries in rollerblading also on the rise. It becomes one of the common reasons for the young ones to attend Casualty departments.

METHODS:

The study was focused on the cases in which orthopaedic team was referred at the Casualty departments. The study was started since January 2016 until December 2016. All RB-related injuries were documented and analysed in the study. Details include gender, age, patterns of injuries, when and where the injuries took place plus the usages of protective gears were collected. Their sequelae were reassessed during clinic follow up.

RESULTS:

During the study period, there were a total of 18 patients allegedly involved in RB-related accident and were treated here. There were fourteen boys and four girls. The youngest was five years old and the oldest was fifteen years old. None of them had attired with protective gears. Six of them sustained fractures and the others were treated as soft tissue injuries, which one of them had severe ligamentous injuries of left knee. Out of the six fractures, only two required surgical intervention while the others were treated conservatively. The anatomical distributions of injuries are shown as below:

Table 1: Fractures

Upper limb	4 (radius, ulna)
Lower limb	1 (tibia), 1 (medial malleolus)

Table 2: Soft Tissue Injuries

	Abrasion	Sprain
Upper limb	8	-
Lower limb	2	2

DISCUSSIONS:

Of all the RB-related injuries, upper limb was the commonest and mainly located at the wrist joint, with fractured distal radius and ulna. Wrist fracture is a common consequence due to mechanism of fall forwards and lands on outstretched hands. Two fractures were treated operatively after failed manual reduction whereas others were reduced successfully and immobilized with plaster cast. During clinic follow-up, all fractures united and soft tissue injuries resolved.

CONCLUSION:

The growing popularity of in-line skating has led to significant increases in related injuries. Restriction to supervised rollerblade park and requirement of wearing the protective gear should be improvised by the law in order to prevent more RB-related injuries.

REFERENCES:

1. Apleys Orthopaedic textbook
2. Mark D. Miller, Review of Orthopaedics 5th edition