

Winter is FOOSH season!



KLEINERT KUTZ Hand Care Center

Comprehensive Care for the Hand and Arm

**For Routine and Emergency Hand,
Wrist and Arm Care call (502) 561-4263.
We accept pediatric and adult patients.**

The most common type of wrist fracture is usually caused by a **Fall On an Out Stretched Hand**. Often called a FOOSH, these distal radius fractures become quite frequent during winter months as many result from slipping on ice and snow. Kleinert Kutz hand surgeon, Dr. Luis Scheker, advises avoiding severe winter weather to help prevent FOOSH injuries; but if you must go out during icy conditions, wear weather appropriate shoes to help prevent slips. In case of a wrist injury due to a fall, Dr. Scheker recommends seeing a hand specialist immediately. If not fixed correctly, he cautions that these fractures can cause significant future damage to the wrist and forearm.

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