

## Did too much Wii cause that injury? July 2011 JFP Cover Story



**Parsippany, NJ**, July 29, 2011 – The widespread use of motion-controlled game consoles is giving rise to an increasing number of overuse and repetitive motion injuries, *The Journal of Family Practice*<sup>®</sup> (JFP) reports in its July cover story.

Although the injuries associated with specific video games are often given names like “Wii-itis,” “Nintendinitis,” and “Playstation thumb,” the types of injuries caused by playing simulated sports are generally the same as (or similar to) injuries sustained by those engaging in the sport itself. In fact, a review of self-reported Wii injuries revealed that some of the more common injuries include hand lacerations, periorbital hematoma (black eye), forehead lacerations, and patellar dislocation.

People of all ages and skill levels, including seniors in rehabilitation centers and nursing homes, engage in simulated sports, the authors report. Older people and deconditioned athletes face the greatest risk of injury. Because simulated activities require a fraction of the strength and endurance required to play the actual sport, those who might normally tire easily are apt to overdo it. To avoid injury, players should do warm-up exercises, take a 10- to 15-minute break every hour, and stop playing if they experience tingling, numbness, burning, or stiffness.

To learn more, see the attached article, written by Dorothy A. Sparks, MD, Lisa M. Coughlin, MD, and Daniel M. Chase, MD.



### About JFP

*The Journal of Family Practice*<sup>®</sup> is a peer-reviewed, indexed, and evidence-based journal that translates the results of the most relevant, valid research into up-to date diagnostic and treatment recommendations to meet the needs of more than 95,000 practicing family physicians in print and online at [www.jfponline.com](http://www.jfponline.com).

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