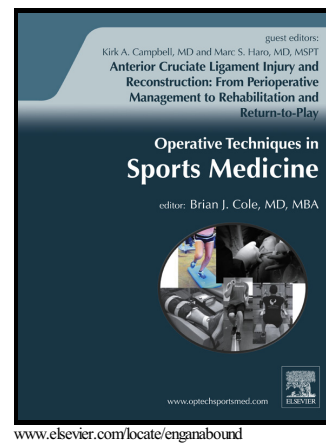


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Burners, Stingers, and Other Brachial Plexus Injuries in the Contact Athlete

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**Burners, Stingers, and Other Brachial Plexus Injuries in the Contact Athlete**

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**Abstract**

Transient brachial plexopathy, or the stinger syndrome, is a transient neurapraxia resulting from a stretch or compression of the upper roots of the brachial plexus. Contact athletes are most commonly affected; symptoms range from a fleeting radicular pain in the upper extremity to weakness and numbness that may last a few weeks. It is critical for the on-field physician to distinguish this entity from cervical spine injury. Stingers are usually treated successfully with supportive care and rehabilitation focused on range of motion, strengthening, and sport specific therapy. Severe injuries with lasting effects are rare, and may be treated by a variety of surgical approaches depending on the degree of disability and chronicity.

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