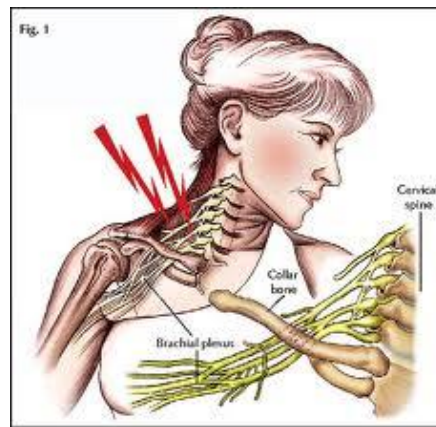




## ***Burners (Stingers)***

### **What's a Burner?**

A Burner is an injury of the nerves (Brachial Plexus) exiting the neck. These nerves can be stretched, contused or compressed with trauma to the neck or shoulder, especially during tackling sports.



### **What are the symptoms?**

Most Burners cause burning pain in the collarbone and shoulder area with radiation down the entire arm and up the neck. Dead arm sensation, numbness, tingling and weakness are also common.

### **Is it serious?**

Most burners quickly resolve within a few minutes. However, some can be more serious and last days, weeks or even months. Burners frequently recur, but usually aren't serious.

### **How is a Burner diagnosed?**

Most Burners are diagnosed clinically, and diagnostic tests are often unnecessary. Sometimes, a physician will order an Xray, EMG or MRI.

### **Treatment:**

- Rest from sports
- NSAIDs (Prednisone, Advil, Aleve, Ibuprofen, etc.)
- Gentle pain-free motion (ROM)
- Physiotherapy – increase ROM, neck and shoulder strength & flexibility
- Protective equipment – neck rolls, cowboy collar (for football)

### **When can I return to sports?**

Athletes can return to sports when they achieve pain-free motion of the arm/shoulder, numbness resolves and strength completely returns to the arm.