

When it came to his hand surgery, Michael Walsh trusted the expertise and compassion of his team at Bayshore.

Game, Set, Match

Bayshore Community Hospital Bayshore Community Hospital helps a teacher and coach get back on his A-game.

Minor Surgery, Major Expertise

 Bayshore's Minor Surgery Unit offers low-risk minor surgical procedures needing only local anesthesia. Our expert, personalized service is geared toward people with busy schedules. To learn about our range of minor surgical services, visit BayshoreHospital.org.

AS THE NAME SUGGESTS, TEACHING PHYSICAL Education requires the instructor to get physical. Using their bodies to educate students on the proper form of sports and exercise, P.E. teachers need to be feeling their best at all times. So when Michael Walsh — a gym teacher, swimming coach, and volleyball coach at Marlboro High School — broke his hand, he knew he needed to get back in the game as soon as possible. Fortunately for Michael, as well as his students and teams, the care he needed wasn't far away.



Salem Samra, M.D.
Holmdel
1-800-560-9990

T.K.O.

One Saturday in September, Michael was boxing with his friends when a poorly timed jab snapped a bone in his left hand.

After being taken to the Emergency Department at Bayshore Community Hospital, X-rays of his hand were taken at multiple angles and examined by plastic and hand surgeon **Salem Samra, M.D.**

"Michael had fractured his fifth metacarpal," says Dr. Samra. "This bone is commonly injured when a person punches a hard surface. In fact, a fracture of the neck of the fifth metacarpal is commonly known as a Boxer's fracture."

Just like every other sport, boxing requires proper form. When a boxer is hitting a punching bag or pad, the knuckles of the index and middle fingers bear the brunt of the force because they are

strongest in the hand. However, when the knuckle of the pinky finger takes too much force, it breaks. Unfortunately, Michael had learned this lesson the hard way.

Understanding and Expertise

When Michael met with Dr. Samra, he knew his hand was in good hands. "Dr. Samra and I sat down, and he talked me through the pros and cons of surgery," Michael recalls. "I needed to get back to my students and team as fast as possible, and it was clear that surgery would provide me with a speedier recovery."

If left untreated, a fractured metacarpal can improperly heal, leaving the bone vulnerable to future breaks. Dr. Samra understood the importance of Michael's speedy recovery and wasted no time.

Although plastic surgery is most commonly known for cosmetic procedures, the majority of surgeries performed by plastic surgeons like Dr. Samra are intended to restore form and function to our bodies. Most types of plastic surgeries are reconstructive procedures, burn treatments, and, as Michael learned, hand surgery.

Ace!

After undergoing surgery, Michael wore a splint to ensure proper healing. Less than a month after surgery, the splint was removed. "I was absolutely amazed," Michael says. "My hand was almost completely healed after such a short time." The function in Michael's hand had almost entirely returned, and after two weeks of light physical therapy, it was as if he had never broken it.

"Injuries are always painful, but I learned they don't always have to be stressful," Michael says. "The expertise and compassion of Dr. Samra and the rest of the staff at Bayshore was so calming, I knew everything would be OK."

by Noah Carpenter