

Forum:[Hack Forums](#)

Thread: [Healing from climbing injuries](#)

w0lfyCSA - November 29, 2016, 2:07 pm

I climb a lot, and lately I've been getting a lot of flappers(flaps of skin ripped of the hand, for you non-climbers) Have any of y'all found any ways you think make them heal faster?

Pow3r - November 29, 2016, 3:33 pm

(Nov 29, 2016 03:07 PM)w0lfyCSA Wrote: [\[CITE\]](#) I climb a lot, and lately I've been getting a lot of flappers(flaps of skin ripped of the hand, for you non-climbers) Have any of y'all found any ways you think make them heal faster?

Rest, increased protein and amino intake, possibly some sort of healing hand cream. Rest would be what I'd go for, give it a break and let yourself heal.

w0lfyCSA - November 29, 2016, 4:18 pm

thanks dude, I'll make a point of it

Altcoin - November 29, 2016, 4:20 pm

Have you considered bandaging them up? It's just for kids ya know, it helps, especially to make sure it doesn't get scratched or affected again until it heals

oscast - November 29, 2016, 4:21 pm

(Nov 29, 2016 03:07 PM)w0lfyCSA Wrote: [\[CITE\]](#) I climb a lot, and lately I've been getting a lot of flappers(flaps of skin ripped of the hand, for you non-climbers) Have any of y'all found any ways you think make them heal faster?

I hope they heal cause they sound nasty..

Truth - November 29, 2016, 4:22 pm

I know people who climb and they say they just stuff climbing chalk in the wound and it heals faster lol not sure about that but they are really good at climbing

problems.x - November 29, 2016, 4:24 pm

i get this when i do long sets of deadlifts, like 7 rep 10 set deadlifts of like 100kg, kills my fucking hands skin haha

its not sore or anything, so i dont know, i dont really care tbvh

minimalist - November 29, 2016, 5:05 pm

(Nov 29, 2016 05:24 PM)Incapability Wrote: [\[CITE\]](#) i get this when i do long sets of deadlifts, like 7 rep 10 set deadlifts of like 100kg, kills my fucking hands skin haha

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Why are you doing 10 sets of deadlifts? What kind of program are you even on ?

OT: Bandage it up and get plenty of rest. Buy a pair of gloves for when you return.

w0lfyCSA - November 29, 2016, 6:46 pm

Current treatment:

- 1) washed with H2O2
- 2) Gauze squares over the affected areas, taped loose enough to allow the wounds to breathe

Stashy - November 29, 2016, 6:48 pm

ice baths and showers are very good with healing sore muscles

w0lfyCSA - November 29, 2016, 6:49 pm

It's missing skin, but you aren't wrong :D

Sarkomeras - December 1, 2016, 12:47 pm

Massage around your injuries that increases blood flow...Which means its gonna heal faster also you want get your vitamins I recommend paleo diet :). good luck

Vittorio - December 1, 2016, 12:51 pm

Pretty normal thing to happen. I recommend you take a cold bath. I'm not too sure if taking a epsom salt bath would help but I suppose it would hurt your hands