Carpal Fractures: Excluding the Scaphoid

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Disclosures

- Integra: Royalties. Speaker’s Bureau
- Elizur: Consultant
- JBJS, JSESAm, JHS, Hand: Editorial Boards
- Past-President AAHS
- Board AFSH

None relevant to the content of this talk
Most of what I will present can be found in:

Common Carpal Fractures

- Trapezial ridge
- Capitate
- Hamate body and hook
- Lunate
- Pisiform
Fall on Radial Side of Palm
Plain Radiographs: Carpal Tunnel View
Management

• Non-displaced: Immobilize
• Displaced: Excise
Capitate Fractures

- Direct blow
- Hyperextension

Most with greater arc injury
27 year old with wrist injury during MVA
Fix Capitate
Pins for Carpal Stabilization
ORIF Scaphoid
1 year
Hamate Fractures

- **Body Fractures**
  - Dorsal CMC Fracture/Dislocation

- **Hook Fractures**
  - Blow to palm
  - Flexor levers against hook during wrist torque
    - Golfer
    - Tennis player
    - Baseball player
Hamate Body Fractures

Broken Tooth Sign
• ORIF
• Fracture exposed between IV and V EDC
Pain in IV and V finger after fall on ulnar side of palm.
MLB 3rd Baseman
Lunate Fractures:

- Compression between radius and capitate
- Direct blow to forearm
- Kienbock’s
Lunate Fractures: Treatment

- Immobilization
- Arthroscopic stabilization
- Extended Carpal Tunnel approach
Pisiform Fractures

- Direct blow to ulnar side of palm at wrist crease
- Examples:
  - Fall on wrist
  - Airbags during MVA
45 degree oblique
Radiographs
Treatment

- Immobilization
- Pisiform excision
  - Split the FCU
  - Remove pisoform
  - Repair FCU with running 4-0 stitch
  - Splint 1 week and begin motion
Take home

- Good localized exam
- Supplemental imaging
  - Oblique views
  - CT
  - MR
- Fix or excise displaced fractures