

Wrist Pain
or more specifically
Wrist Fractures

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Normal Anatomy

- Wrist is formed by articulation between the radius, ulna, and carpal bones
- There are 8 carpal bones distributed in proximal and distal rows
 - Proximal – scaphoid, lunate, triquetrum, pisiform
 - Distal – trapezium, trapezoid, capitate and hamate

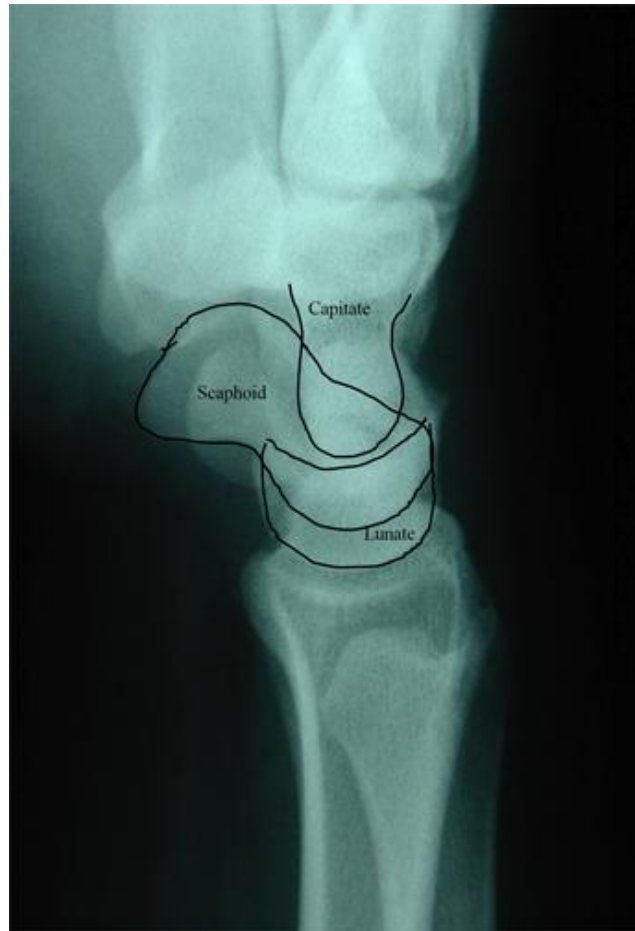
Normal Anatomy



Wrist Bone Pneumonic

- Some (Scaphoid)
- Lovers (Lunate)
- Try (Triquetrum)
- Positions (Pisiform)
- That (Trapezium)
- They (Trapezoid)
- Can't (Capitate)
- Handle (Hamate)

Normal Anatomy



DDx of Wrist Pain

- Trauma
 - Fracture, Sprain, Dislocation, etc
- Nontraumatic
 - Radiocarpal arthritis (OA, RA, Crystal-induced, septic)
 - Dorsal Ganglion
 - Carpal Tunnel
 - Referred Pain from Thumb (de Quervain's, Carpometacarpal osteoarthritis)

CASE # 1

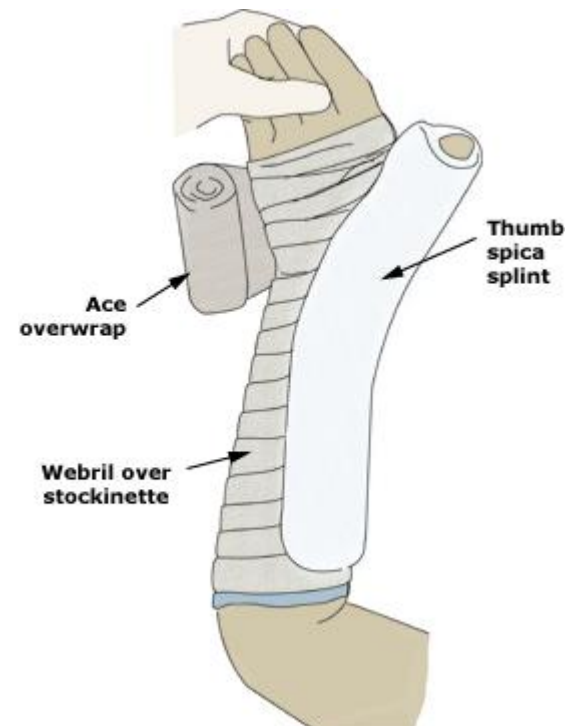
- History – 30 yo female reports falling on outstretched hand
- Physical
 - Pain is localized to the radial aspect of wrist
 - Grip strength is reduced
 - Swelling is not noticed and there is normal range of motion

CASE # 1 XRAY



TREATMENT

- Thumb spica splint
- Re-XRAY in 7-10 days



CASE # 1 – XRAY (AGAIN!)



CASE # 2

- 80 yo with h/o normal pressure hydrocephalus complaining of wrist pain

CASE # 2 XRAY



Figure 3. This is an X-ray of a typical distal radius fracture, looking at it from the front (left) and from the side (right). In the pictures, the fracture (broken bone) is indicated by the arrows. The other black spaces are the joints

CASE # 3

- History – 25 yo falls backwards on outstretched hand
- Physical
 - pain on active motion
 - decreased strength of wrist flexion
 - Swelling noted

CASE # 3 XRAY



CASE # 3

- Most common ligament injury is one disrupting the ligaments stabilizing the lunate and scaphoid
- A large force can dislocate the bones around the lunate dorsally and can cause compression of the median nerve

CASE # 4

- 25 yo male complaining of progressive right wrist pain, pt is employed as a jackhammer operator
- Physical
 - Decreased range of motion
 - Weakness

CASE # 4 XRAY



CASE # 4

- Kienböcks disease
 - Avascular necrosis of the lunate
 - Generally follows repetitive microtrauma or an acute wrist injury that goes undiagnosed

CASE # 5

- History – Patient complaining of wrist pain which was interfering with his golf game
- Physical
 - Pain noted over the hypothenar eminence
 - Decreased grip strength
 - No decrease range on motion noted
 - No swelling or erythema noted

CASE # 5 XRAY



CASE # 5 XRAY

