

Exercises

When your doctor decides you are ready, start range-of-motion and strengthening exercises. You may be referred to an occupational therapist to assist you with these exercises. Do not return to sports until your wrist is fully healed.

Prevention

To help prevent a wrist fracture:

- Do not put yourself at risk for trauma to the wrist bones.
- Eat a diet rich in calcium and vitamin D.
- Build strong muscles to prevent falls and stay agile.
- Wear proper padding and safety equipment when participating in sports or activities.

Healing Time

A fracture of the scaphoid bone may take 10-16 weeks to heal.



Please be aware that this information is provided to supplement the care provided by your physician. It is neither intended nor implied to be a substitute for professional medical advice.

Call Your healthcare provider immediately if you think you may have a medical emergency.

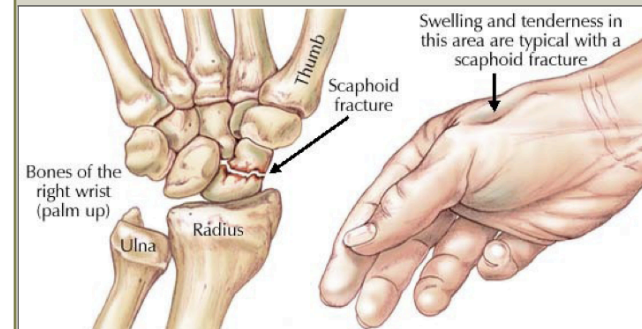
Always seek the advice of your physician or other qualified health provider prior to starting any new treatment or with any questions you may have regarding a medical condition.



Womack Army Medical Center
Fort Bragg, NC 28310

Occupational Therapy Clinic
Patient Information Handout

SCAPHOID FRACTURE




Womack Army Medical Center
Occupational Therapy Service
(910) 907-7383


Consult Required



Scaphoid Fracture



A break in the scaphoid, a bone located on the thumb side of the wrist where it meets the radius. This fracture is most common in young, active people. The scaphoid bone is also sometimes called the navicular.



Reference:

American Academy of Orthopedic Surgeons

<http://www.aaos.org>

American Orthopedic Society for Sports Medicine

<http://www.sportsmed.org>

Causes

A wrist fracture is caused by trauma to the bones in the wrist. Trauma may be caused by:

- Falling on an outstretched arm/hand
- Direct blow to the wrist
- Severe twist of the wrist

Risk Factors

A risk factor is something that increases your chances of getting a disease or condition. For scaphoid fracture:

- Participating in contact sports, such as football or soccer
- Participating in activities, such as inline skating, skateboarding, or bike riding
- Participating in any activity which could cause you to fall on your outstretched hand
- Violence or high-velocity trauma such as an automobile accident

Symptoms

Symptoms include:

- Pain
- Swelling and tenderness around the wrist
- Bruising around the wrist
- Limited range of wrist or thumb motion
- Visible deformity in the wrist

Diagnosis

Your doctor will ask about your symptoms, physical activity, and how the injury occurred, and will examine the injured area.

Tests may include:

- X-rays to look for a break in the wrist bones
- MRI Scan (rarely) - a test that uses magnetic waves to detect a hidden scaphoid fracture
- CT Scan (rarely) - a type of x-ray that uses a computer to detect unusual small fractures or dislocations of the wrist bones

Treatment

Treatment will depend on the severity of the injury. Treatment involves:

- Putting the pieces of the bone together, which may require anesthesia and/or surgery
- Keeping the pieces together while the bone heals itself

Devices that may be used to hold the bone in place while it heals includes the following:

- A cast (may be used with or without surgery)
- A metal plate with screws (requires surgery)
- Metal pins that cross the bone, with a metal splint on the outside of the wrist that holds the pins and the fracture bone in place (requires surgery)
- The doctor may prescribe pain medication depending upon the level of pain. Your doctor will order more x-rays while the bone heals to ensure that the bones have not shifted position.