

Wrist Injury Broken Bone

There are 10 bones in your wrist and another 17 in your hand. Some are more susceptible to **fractures (same as a break)** than others. The **radius and scaphoid are the most commonly fractured** bones. I will give a separate summary for those. This section is a general summary of fractures which can be classified as either closed or open (compound), undisplaced or displaced (shifted out of alignment).

- **Open fractures need surgery** to reduce the risk of infection.
- **Closed undisplaced fractures** are usually **treated nonoperatively**.
- **Unstable fractures**, based on the mechanism and pattern, may need a period of **immobilisation** in a cast or splint while the bone starts to heal.
- **Displaced fractures** are more likely to need an **operation**.
 - Closed reduction and immobilisation may be best if it is a stable fracture pattern.
 - Closed reduction and percutaneous wiring may be used if a fracture can be reduced to a satisfactory position. This will often lead to less stiffness long term.
 - **Open reduction** is combined with internal wires, plates or screws to hold the bone reduced. **Mobilisation** is generally **started early** after the operation **to prevent stiffness from adhesions** between plate, tendon and skin. Releasing these adhesions may be necessary in a second operation. The plate and screws are often removed at the same time.

