

## Wrist Injury Dislocation

A dislocation is when the **bones of a joint are forced out of their normal position** and the joint surfaces are no longer touching. Unlike the finger, this is **rare in the wrist**. A **perilunate dislocation** is most commonly associated with a scaphoid fracture in **high energy injuries** but can occur without a fracture.

Surprisingly, perilunate dislocations are **difficult to see on x-ray** and are **can be missed** by GPs and emergency doctors. It is most obvious on the lateral view where the capitate can be seen lying outside (usually volar) the cup shaped lunate. This **requires urgent reduction due to the risk of nerve injury**. This can be attempted in the emergency department but often needs open reduction in an operating theatre.

