

LECTURE INSPIRED BY

BIGGIE



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Caputo's Wrist and Forearm Injuries
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 Please reach out to me with any questions or comments

QR code to lecture
 Ultrasound images
 and videos used in
 the lecture. PDF to
 Advanced upper
 extremity, trunk, and
 neck regional nerve
 blocks

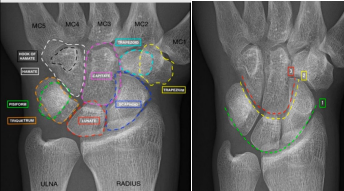


1

HOW TO READ WRIST FILMS



Wrist films are important to be able to read as almost always the patient is disposed before the reading is back. We will look at the 3 different views of the wrist and the different bones.




On the PA view, assess all of the bones and articular surfaces. The distal radial articular surface should cup the carpal bones. Looking at spacing of the bones is important, especially between the scaphoid and lunate. Assess gill's arc and the carpal arcs. Disruption to any of the arcs may suggest an underlying fracture or ligamentous injury.

2

RULE ONE


NEVER MISS A DISLOCATION AT THE WRIST




Lateral View:
 - Check for a triquetrum fracture on lateral view (2nd most common fracture)
 - assess for a wrist dislocation by checking alignment of the distal radius - lunate - capitate - 3rd metacarpal base.

LATERAL

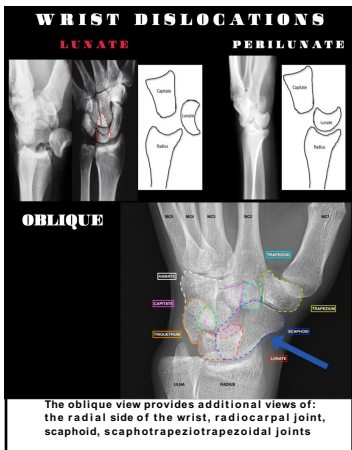
CHECK ALIGNMENT OF RADIUS, LUNATE, CAPITATE, AND 3RD MC



DRAW THE LINE EVERY TIME



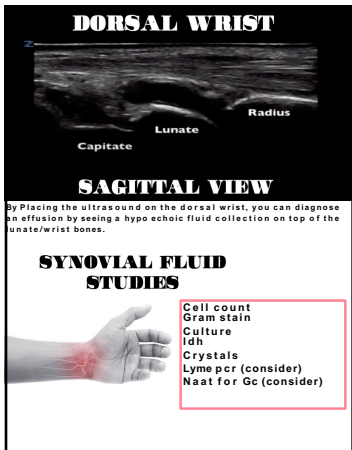
3



4



5



6

PATIENT INFORMATION



- PROGNOSIS
- RICE THERAPY
- SPLINT CARE
- MEDICATIONS
- FOLLOW UP
- LIMITATIONS OF ED WORK UP
- POSSIBLE MRI
- POSSIBLE SURGERY
- HEALING TIMELINE
- RETURN PRECAUTIONS
- COMPARTMENT SYNDROME

SUMMARY



-TRACTION
-RECREATE
-FULCRUM

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