

# What You Should Know About Scaphoid Fractures?



The scaphoid is known to be the most commonly fractured carpus. The bone is present in our wrist near the base of the thumb. It is one of the small carpal bones that form our wrists. Scaphoid fractures often occur because of trauma that includes catching yourself after falling on an outstretched hand, automobile injuries, and contact sports injuries. Sometimes, the fracture is severe enough to require surgical intervention that requires the use of [trauma implants](#) like orthopedic plates, screws, pins, and wires. In this post, we will talk about the management of scaphoid fractures along with their diagnosis.

Fractures can be displaced and non-displaced and that will decide the severity of the condition and the treatment required for its management.

## **Who Are More Prone to Scaphoid Fractures?**

Fractures in the scaphoid bone can occur in anyone although, teens and young adults below 30 years of age are more prone. Besides this, osteoporotic people can also get scaphoid fractures more than those who don't have osteoporosis.

## **What Are the Symptoms of Scaphoid Fractures?**

Common symptoms of scaphoid fractures include:

Pain and swelling in the wrist

Bruising/discoloration

Tenderness

Inability to move the affected wrist

## **Difference Between Displaced and Non-Displaced Fractures**

A displaced scaphoid fracture is when the scaphoid bone breaks and moves out of its anatomical position. In other words, displaced fractures are characterized by the formation of a gap when the bone breaks. While on the other hand, non-displaced fractures involve a break(s) in the bone, but the broken bone pieces do not move much out of their original anatomical position.

Displaced scaphoid fractures are more severe than non-displaced fractures and they often require surgical intervention for treatment.

## **How Are Scaphoid Fractures Diagnosed?**

The diagnosis of scaphoid fractures is done with a physical examination followed by diagnostic tests.

## **Physical Examination**

A physical examination is done to identify visible signs and symptoms along with the range of motion of the wrist. For this, the healthcare service provider will palpate the affected wrist to check for swelling and tenderness. This will also indicate areas with pain. The patient will also be asked to move his/her thumb to check the affected range of motion.

## **Imaging Tests**

These tests are required to confirm the fracture and identify its severity. The tests ordered may include:

**X-ray** – It helps identify the broken bones in the wrist.

**Magnetic resonance imaging (MRI)** – The purpose behind ordering MRI is to identify whether the muscles and tissues surrounding the bone(s) are injured.

**CT scan** – A CT scan provides detailed images of the damaged bones and surrounding tissues that help surgeons with surgical treatment.

## **How Are Scaphoid Fractures Treated?**

The severity of the break in the scaphoid bone decides what type of treatment will be required. Here are the treatment options available for the fracture:

### **Immobilization**

Mild non-displaced fractures can be managed with immobilization and rest. Here, the healthcare service provider will either apply a cast or suggest using a splint.

## **Closed Reduction**

Closed reduction is performed to realign mildly displaced fractures. Reduction is performed under anesthesia.

## **Surgery**

In severe fractures, internal fixation using bone plates, screws, and wires is required to bring fractured bone pieces back to their original anatomical position.

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## **Contact Information**

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