

Suspected Scaphoid Injury

What is injured?

The common causes of wrist pain following injury are:

- 1) **Ligament Sprain** – this means a stretch or tear of one of the wrist ligaments
- 2) **Bruising** of the cartilage or bone
- 3) **Occult fracture** – Tiny crack of the bone, which are not picked up easily on x-ray.
These are all **STABLE** injuries. This means that the injury will generally heal in exactly the same position as normal.

What are the Symptoms?

The main symptom from these injuries are pain, swelling and difficulty using the wrist. These symptoms can be severe to begin with but improve with time.

How long will it take to get better?

- **2 weeks** after the injury, the wrist may still be swollen, but should feel comfortable in a splint.
- **4 weeks** - the swelling should have gone down, and the splint should no longer be required except for periods of heavy activity. Commence the wrist **KEY EXERCISES**
- **Six weeks** after the injury, normal function should have returned. You should be able to move your wrist normally and do a press-up without pain.

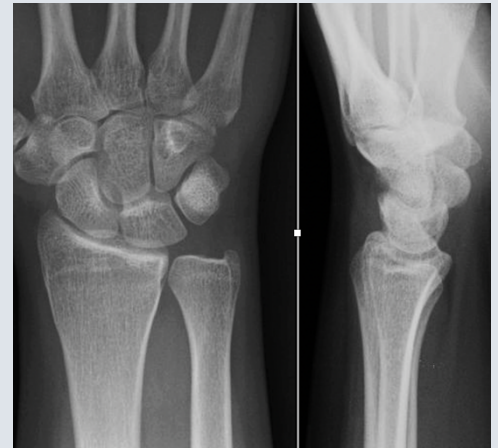
What should I do with my wrist?

- Aim to start moving the fingers as soon as possible after the injury.
- The splint can be removed after 2 weeks to begin gentle movement in the wrist. If pain and swelling are continuing to be a problem at this stage, leave the splint in place for a further week or two, and then try again.
- If comfortable, you should remove the splint at night, but if the wrist remains sore or very swollen, then keep the splint on.

Are there any risks from this injury?

There is a very small risk of an occult fracture of the bone not healing properly, and this is known as a non-union. Non-union of the bone often requires further treatment. The chances of going on to have a long term problem with the wrist are very low – about 1 in every 500.

What does the Xray look like?



The Xray is usually normal

Wrist Key Exercises



CHECKLIST

2 Weeks – Comfortable in a splint. Swelling may still be noticeable ☐

4 Weeks – Able to do most activities in the splint. Non manual workers should be back to work ☐

6 Weeks – Free from splint with normal function. Full movement and able to do a press-up. ☐

TOP TIP – Stop smoking in order to help the healing process

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