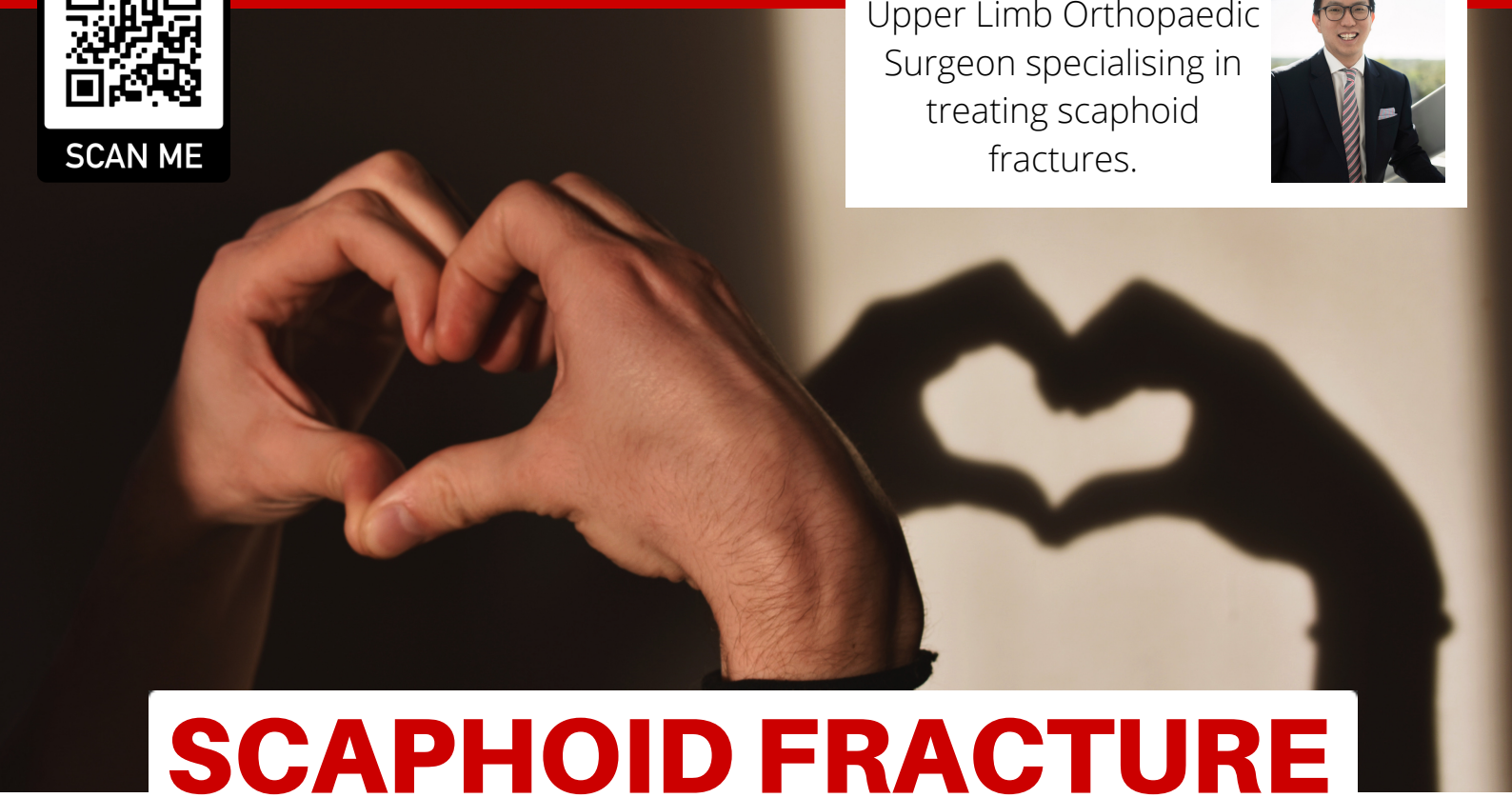
SCAN ME

Mr Andy SG Ang is an Upper Limb Orthopaedic Surgeon specialising in treating scaphoid fractures.



SCAPHOID FRACTURE

THE GOOD, THE BAD AND THE UGLY

Scaphoid fractures are the most common fracture of the carpal bones (small bones of the wrist). They are common among active young adults from either sporting injuries or work-related injuries. The term "scaphoid" is derived from the Greek word for *boat* but its complex shape is more closely resembled a *twisted peanut*. It has an unusual pattern of blood supply which makes it prone to slow healing or no healing. The types of scaphoid fractures can be divided into *undisplaced, displaced* or *non-united*.

The Good - Undisplaced

Undisplaced scaphoid fractures heal with cast immobilization in most cases, but surgery might be considered as an alternative approach in active patients to reduce the duration of cast immobilization and allow earlier return to activity.

The Bad- Displaced

Displaced scaphoid fractures are problematic as they are at greater risk for non-union and mal-union. They should be treated with surgical reduction and fixation. Failure to do so might lead to arthritis of the wrist

The Ugly - Non-united

Scaphoid non-union is a debilitating condition that can result in persistent wrist pain, stiffness and severe arthritis of the wrist. They are complex and difficult to treat thus require a detailed surgical planning for fixation to improve the outcome.

Speak to us at **Apley Orthopaedics** regarding your scaphoid fracture. Please contact our Melbourne Office (03) 70 234 234 or visit www.apley.com.au