

FULL CIRCLE HAND THERAPY

YOU'RE IN GOOD HANDS



SCAPHO-LUNATE LIGAMENT INJURIES

The wrist is comprised of eight small bones called carpals. Two of the carpal bones are the scaphoid (close to the thumb) and the lunate (near the center of the wrist). The scapholunate (SL) ligament connects the two bones together to help keep the wrist stable for activities that involve heavy gripping or pushing. When part of the ligament is damaged, it is called a sprain. If the ligament is severely damaged, it may tear completely resulting in a rupture.

CAUSES

The most common cause of an SL ligament injury involves a sudden fall onto the palm of the hand. Less frequent SL injuries may occur when a heavy load is applied the wrist, such as in gymnastics or using a jackhammer.

SYMPTOMS

The most common symptoms of a SL ligament injury are pain on the thumb side of the hand or on the back of the wrist. Initially, the pain may not be so severe, but a dull ache may linger and worsen with use. If the pain does not go away, medical attention may be needed. The wrist may also be swollen and pop or click with movement.

TREATMENT

depends on the severity. For a sprain, immobilizing the wrist for a period of time and avoiding gripping/pushing is standard treatment. A rupture of the SL ligament may require surgery.

HOW CAN WE HELP?

Initially we will fabricate a custom orthosis to immobilize the wrist. Regaining the movement and strength of the wrist will be the focus of treatment, whilst preventing further re-injury, with specific evidence based rehabilitation protocols. We will work closely with your surgeon and medical team to achieve optimal results.

