

FULL CIRCLE HAND THERAPY

YOU'RE IN GOOD HANDS



SCAPHOID FRACTURE

The scaphoid is one of the eight small bones in the wrist called carpal bones. It is located below the thumb and is the most commonly fractured (broken) carpal bone. Some areas of the scaphoid have poor blood supply and may have difficulty healing.

CAUSES

A scaphoid fracture is usually caused by a fall on an outstretched hand with the wrist bent backward. It can also be caused by a direct hit to the wrist, such as in a car accident or contact sport. It is most common in active young adults.

SYMPTOMS

Common symptoms include pain with movement of the wrist or thumb. A person may experience difficulty pinching or holding items. The thumb side of the wrist may be tender to pressure. There may also be swelling and bruising at the base of the thumb and wrist. Sometimes there is only mild pain, and the injury is mistaken for a wrist sprain.

TREATMENT

If a scaphoid fracture is suspected, an X-ray of the wrist will be taken; however, sometimes the fracture is not seen right away. If nothing is seen on an X-ray, the wrist may be placed in a cast or orthosis and then X-rayed again in two to three weeks. An MRI may also be used for diagnosis. Some fractures require immobilisation in a cast or orthosis for eight weeks up to six months. The cast will include the wrist and thumb, but the fingers are free to move. More complicated fractures require surgery to realign and stabilise the bone fragments.



HOW CAN WE HELP?

We will fabricate a custom orthosis to immobilize the wrist and thumb to protect the healing bone. We will also educate you on how to reduce pain and swelling in the hand. When the cast is removed, our therapy will focus on regaining motion, strength and functional use of the wrist and hand.

