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ORTHOPAEDIC & SPORTS MEDICINE SERVICE

Dr Kwan Yeoh
Hand, Wrist & Upper Limb Surgeon

Wrist ligament trauma and instability

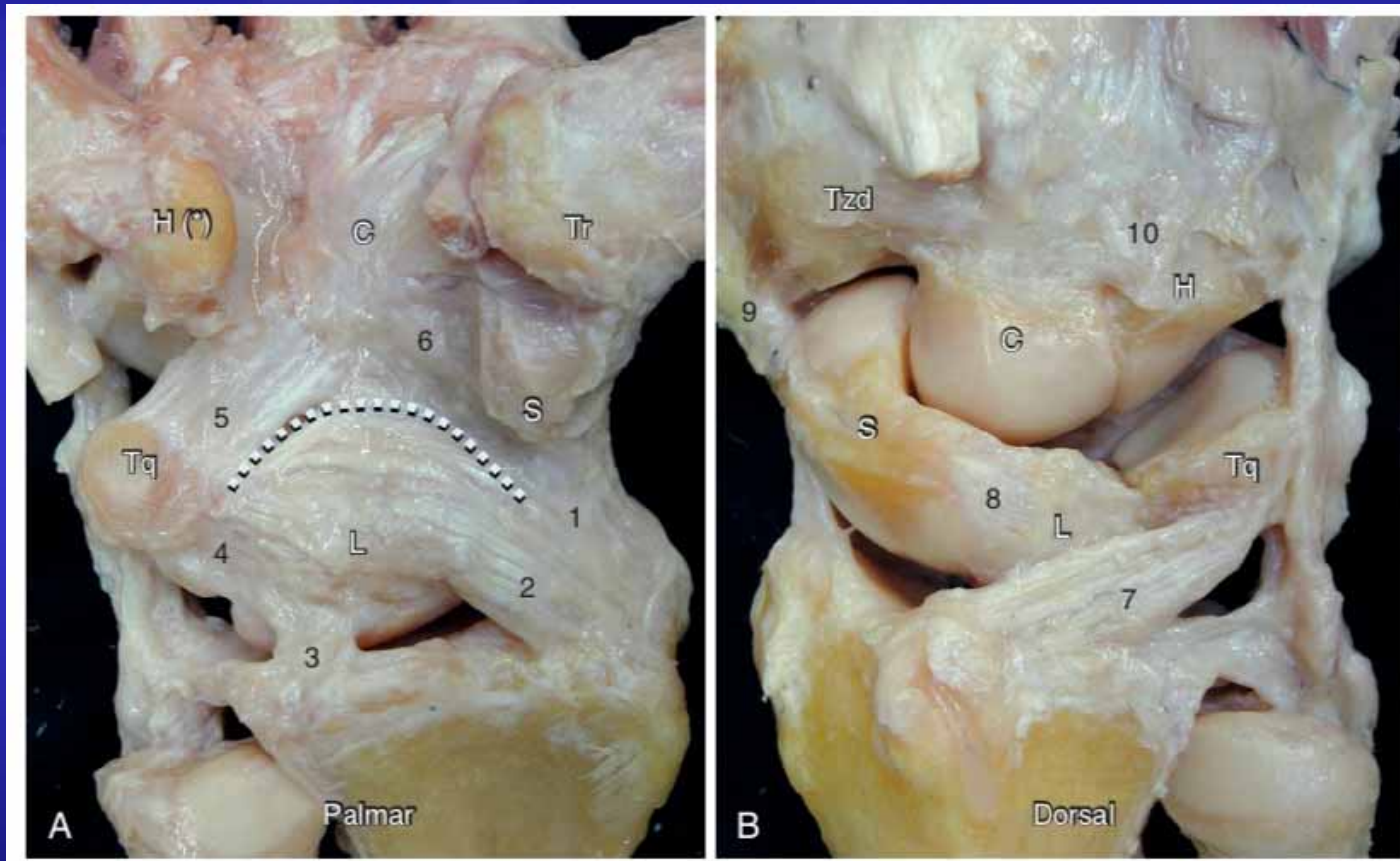


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Ligaments



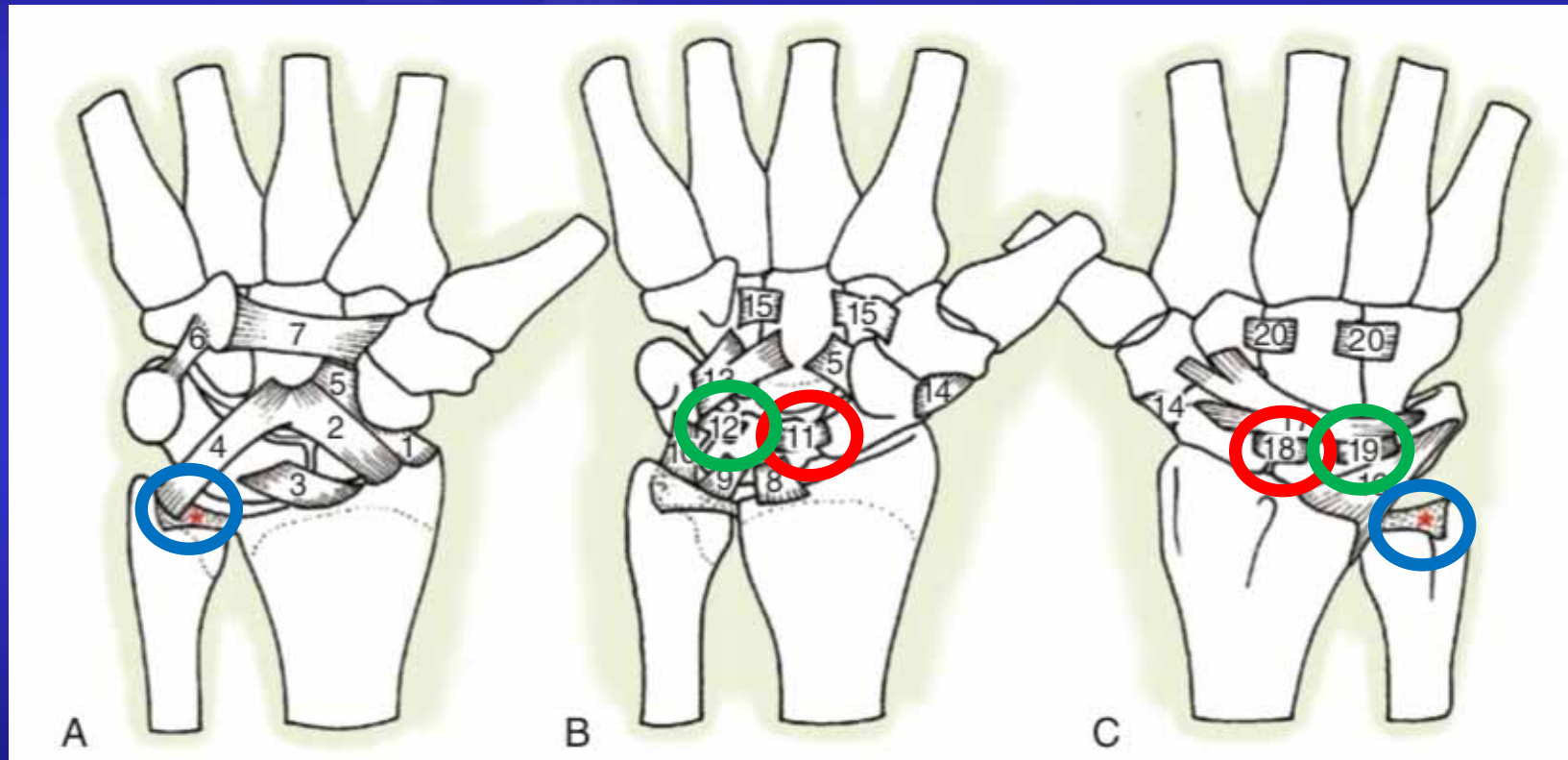
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Image: Wolfe, 2016

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Ligaments



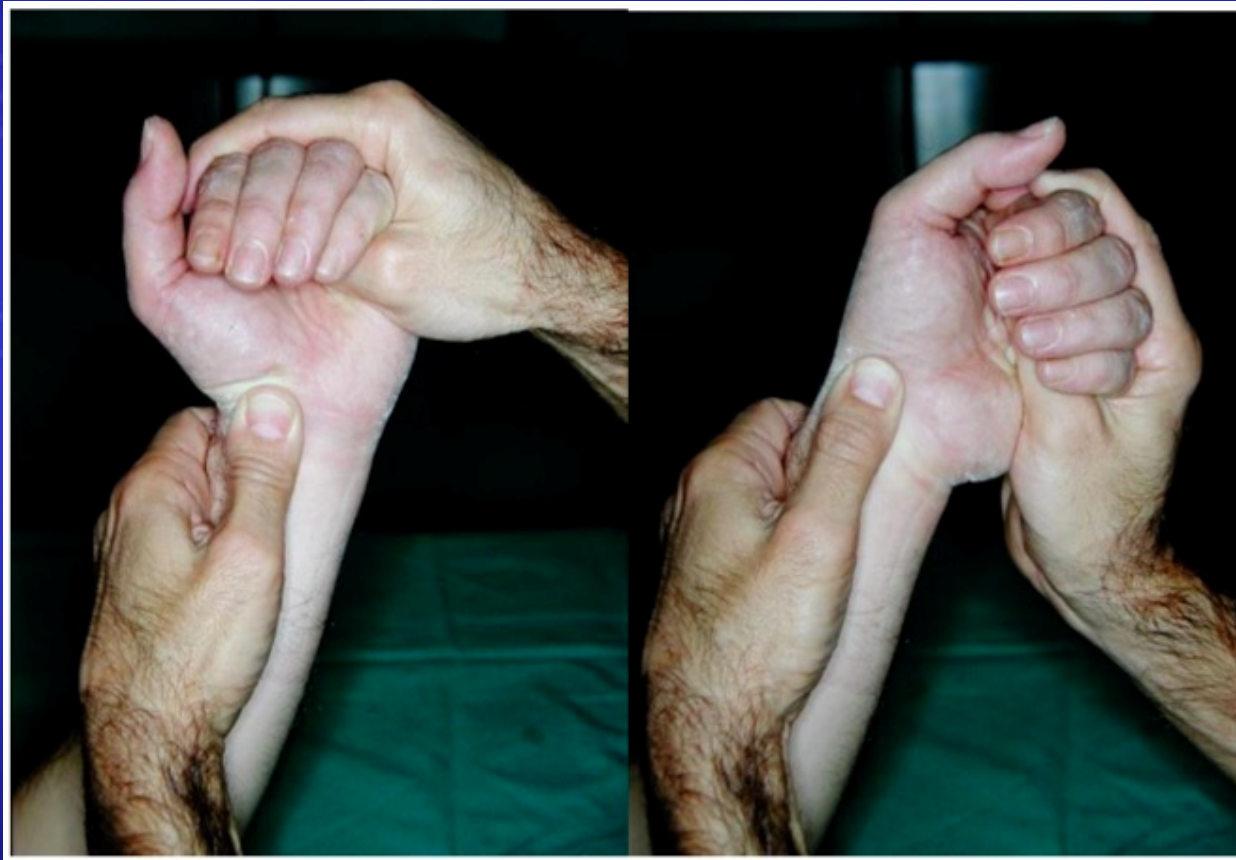
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Image: Garcia-Elias et al, 2016

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Wrist stability



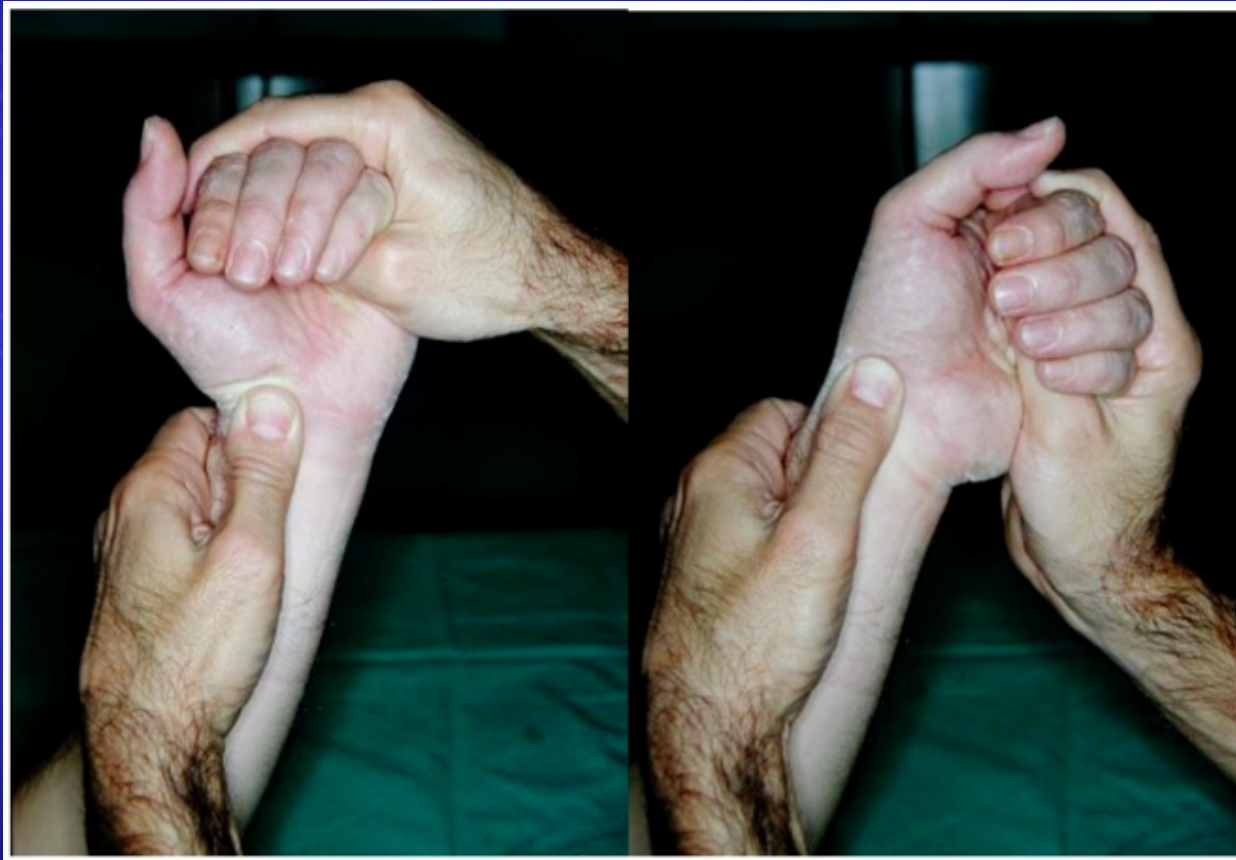
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Image: Haerle, 2016

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Carpal stability



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Image: Haerle, 2016

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Carpal instability

Abnormal balance between articulating surfaces of carpal bones under normal load & movement

- Not all ligament ruptures lead to instability
- Not all instability is due to ligament ruptures
- Not all wrists with malalignment are clinically unstable
- Not all instability leads to progressive osteoarthritis



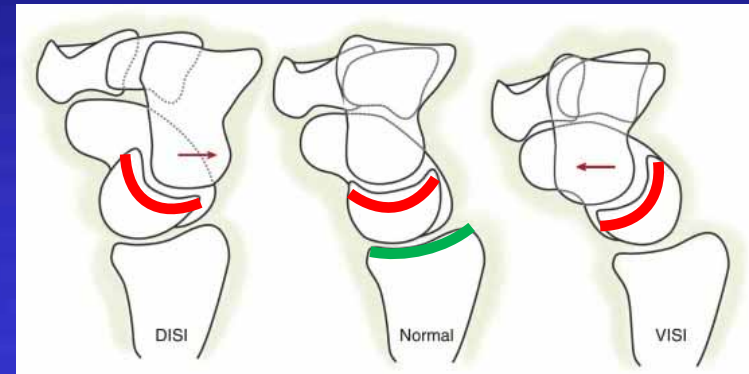
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Carpal instability

- Location in carpus
- Acute vs subacute vs chronic
- Dynamic vs static
- Traumatic vs inflammatory vs other
- VISI vs DISI vs ulnar translocation
- Dissociative vs non-dissociative vs complex vs adaptive

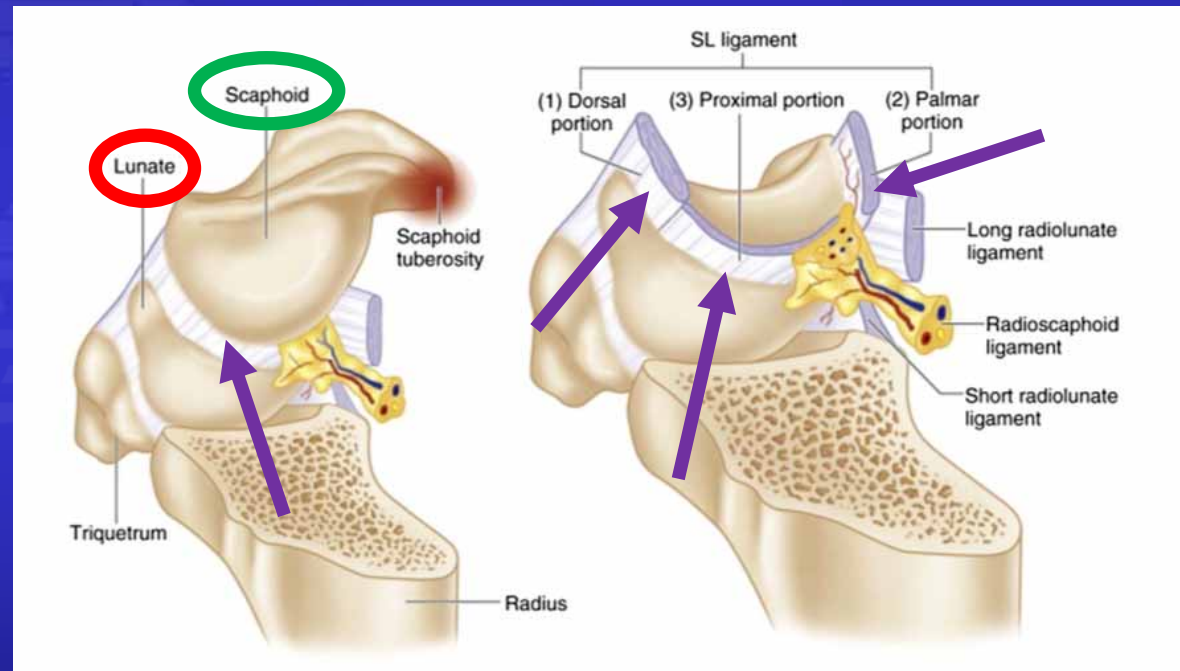
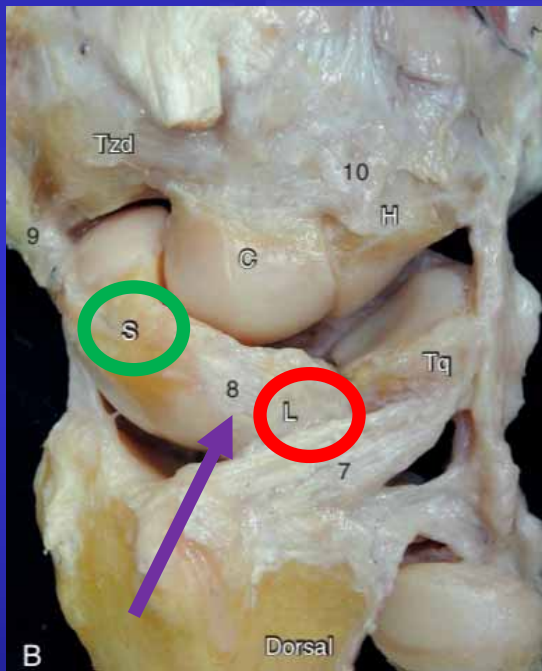


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Scapholunate ligament



Scapholunate ligament

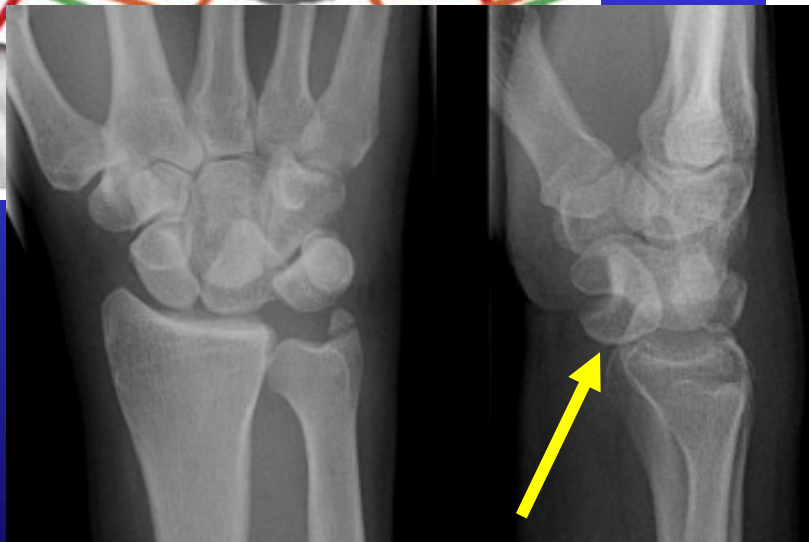
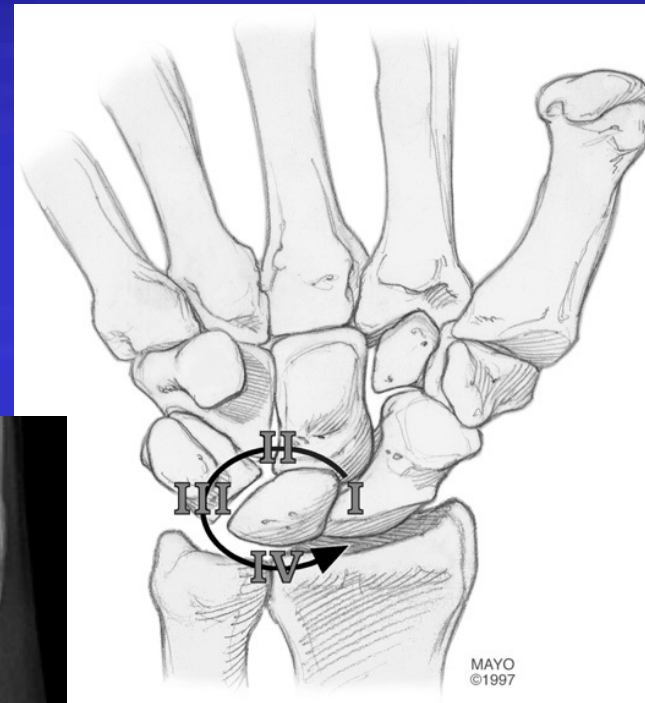
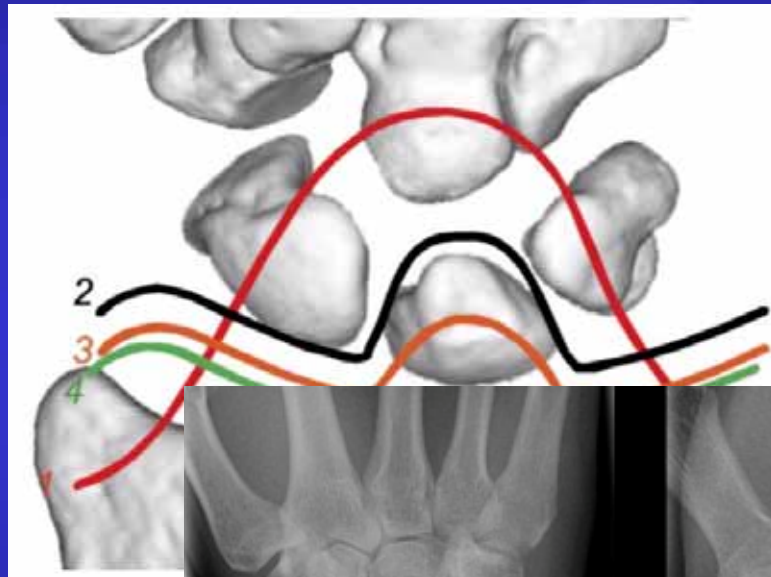


Image: Haerle, 2016

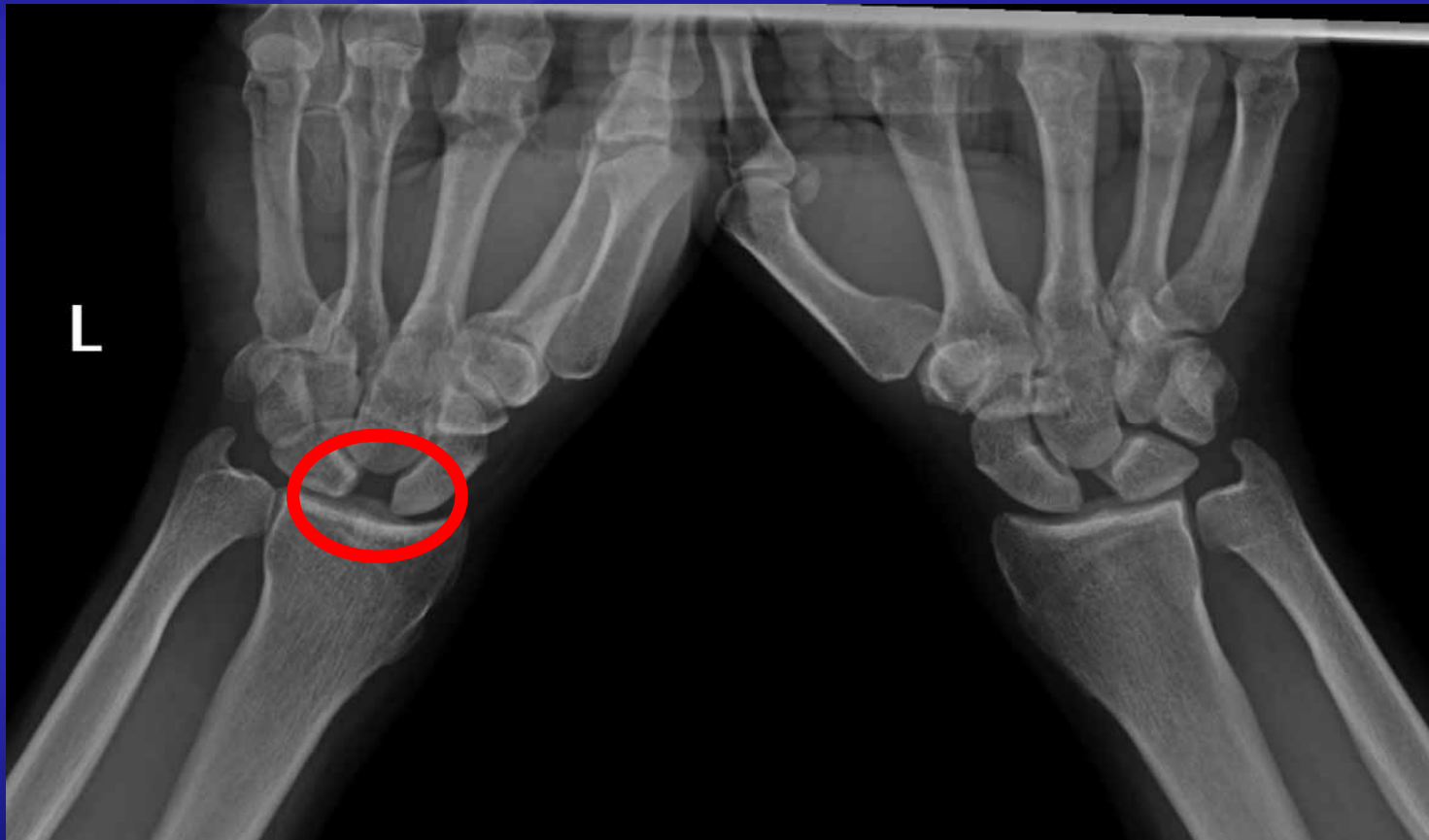


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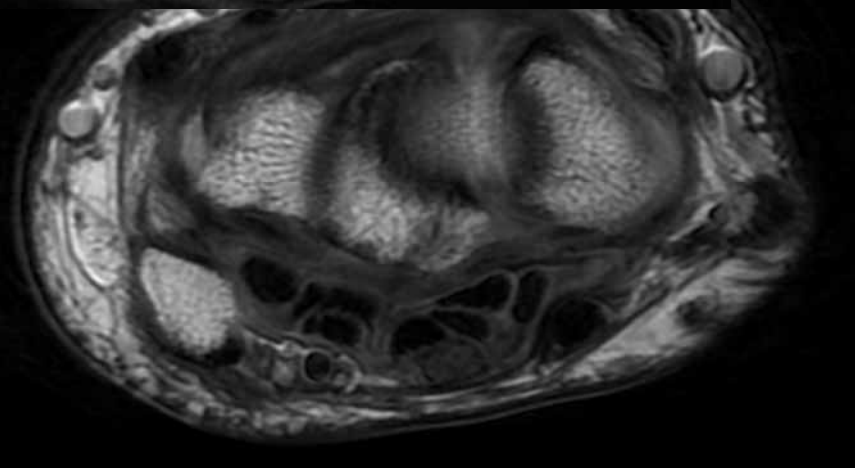
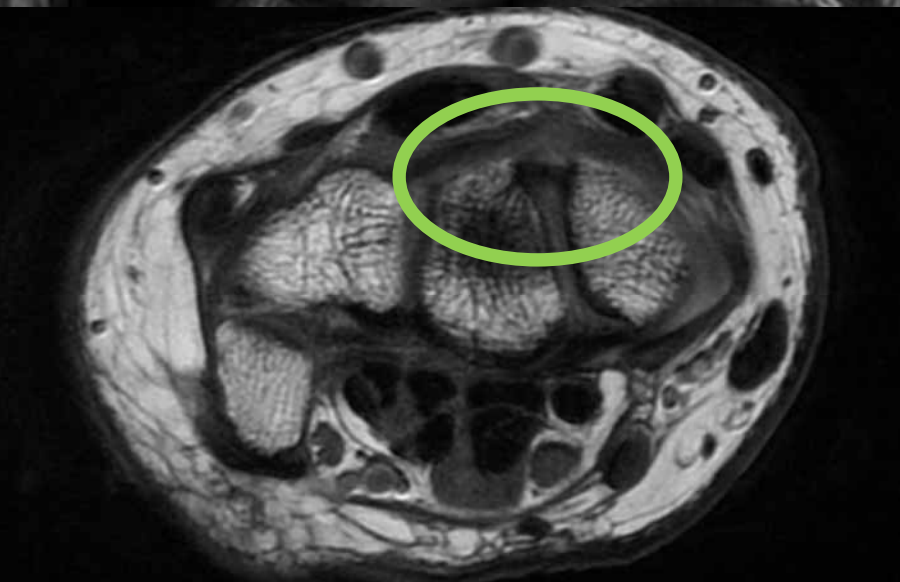
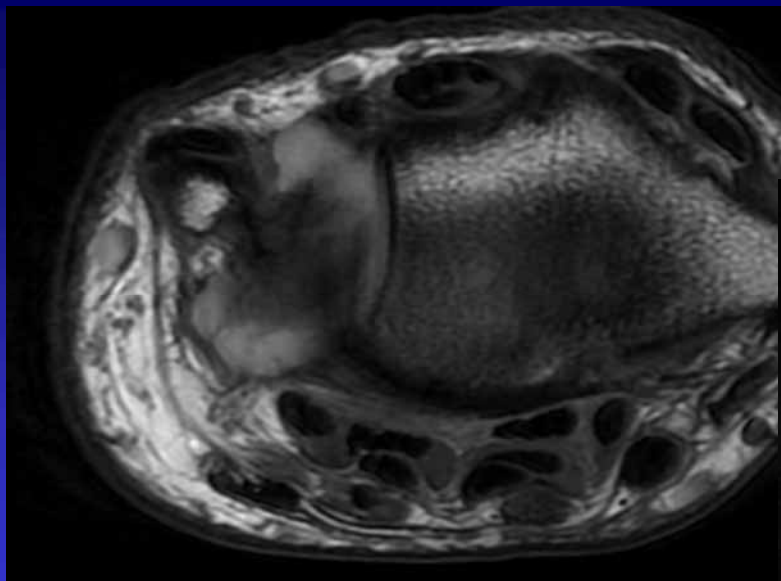
Scapholunate ligament



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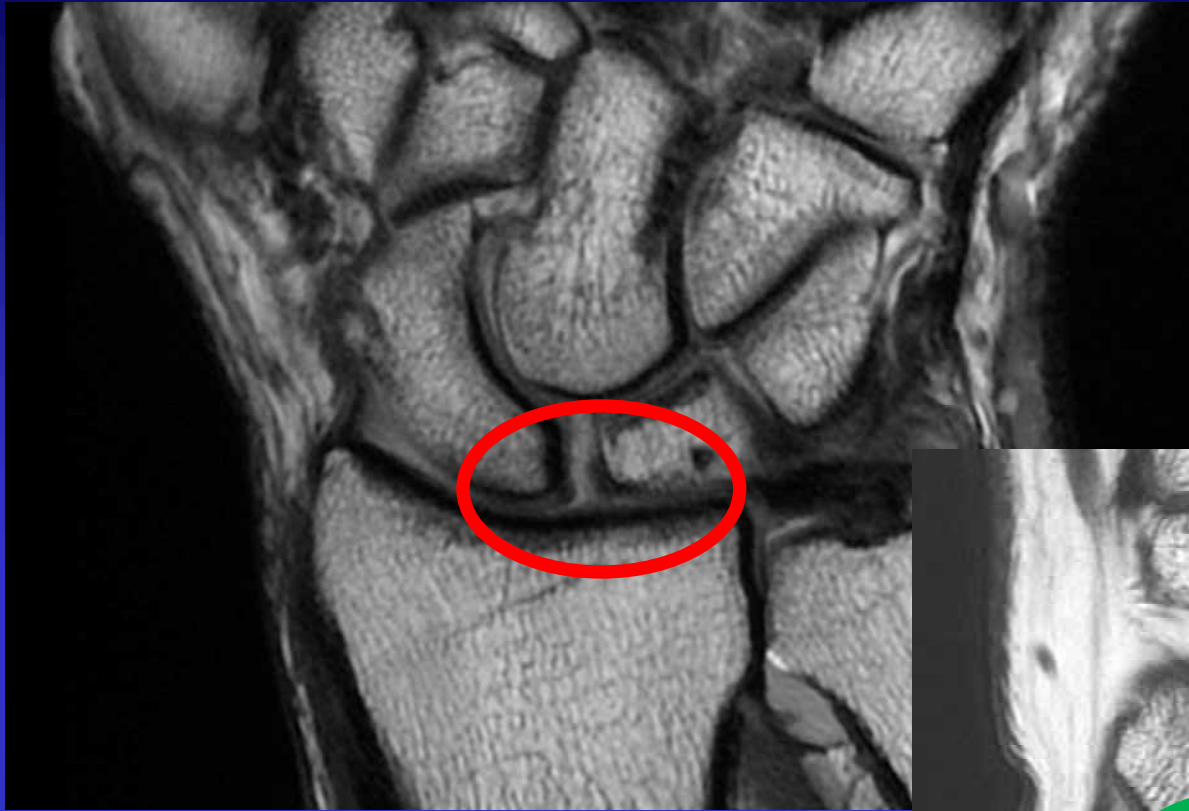
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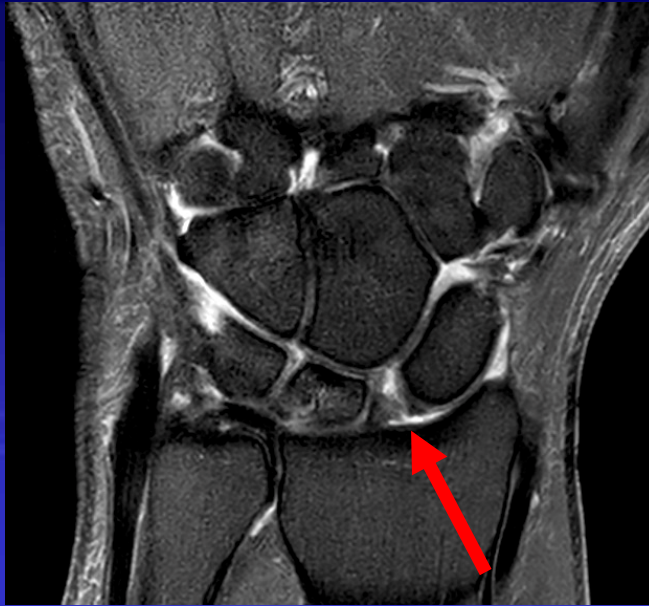
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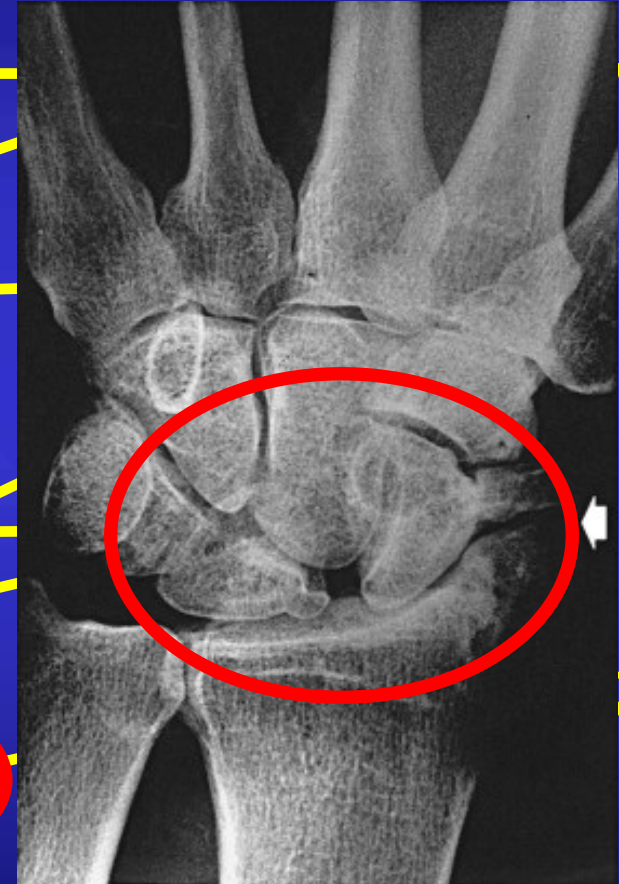
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Scapholunate ligament treatment

- Acute partial tear
- Predynamic instability
 - Acute
 - Chronic
- Acute or chronic dynamic instability
- Reducible static instability
- Irreducible static instability or SLAC

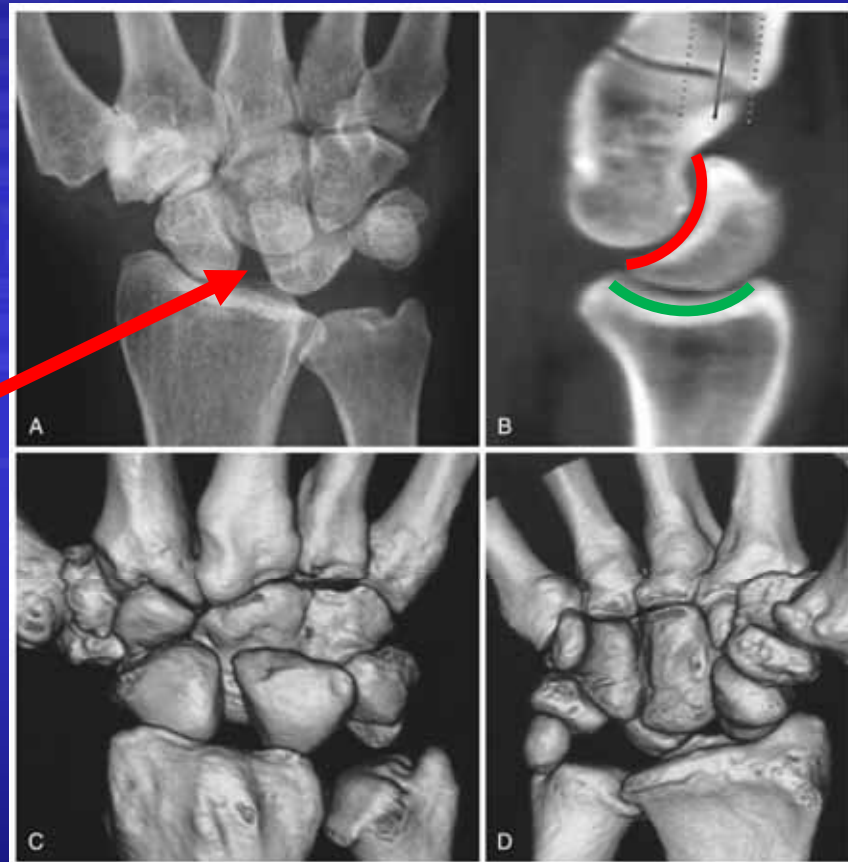


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Lunotriquetral ligament



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Image: Garcia-Elias et al, 2016

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Chronic instability

Midcarpal instability

Adaptive instability



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Image: Niagaris et al, 2015

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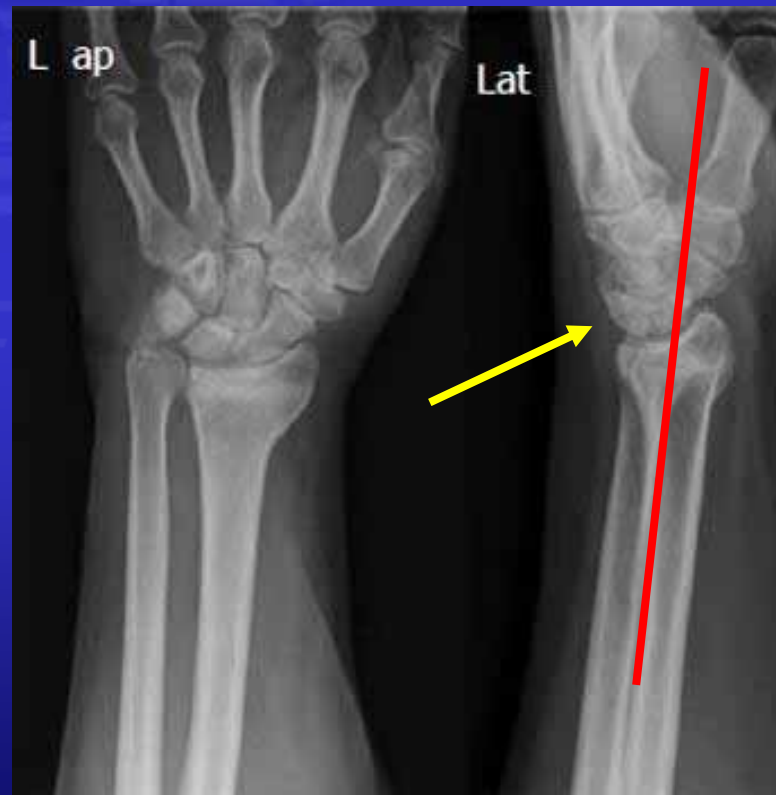
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Image: Niagaris et al, 2015

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Hand therapy essentials

- Assess cause of instability
- Communicate with treating doctor
 - Refer when necessary
- Activity modification
- Supplement static stabilisers with splint
 - Temporary or permanent
- Dynamic stabilisers
 - Strengthening
 - Proprioception



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