

SUSPECTED SCAPHOID INJURY

(PATIENT INFORMATION LEAFLET)

What's next?

You have been referred to Virtual Fracture Clinic (VFC). Your radiographs and injury details will be reviewed by an Upper Limb Orthopedic Surgeon. You will be contacted by VFC with the outcome of advice. This is a specialized service please allow 7 days for the referral to be processed.

What is injured?

The common cases of wrist pain following injury are
Ligament Sprain – this means stretch or tear of one of the wrist ligaments

Bruising of the cartilage or bone

Occult Fracture – Tiny crack of the bone which is not picked up early on radiographs.

These are all STABLE injuries. This means that the injury will generally heal in the exact same position as normal.

What are the Symptoms?

The main symptoms 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

4 weeks – the swelling should have gone down, and the splint should no longer be required except for the periods of heavy activity. Commence the wrist key exercises as shown in the photographs.

6 weeks after the injury normal function should have returned.

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 two weeks to begin gentle movements of 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 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.

What does the x-ray look like?



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.

Please Contact Virtual Fracture Clinic If you don't hear from VFC or symptoms persist after 6 weeks.

By Telephone: Call **07760 553994** Monday to Friday, 11am to 5pm

By Email: met-tr.fracturereferrals@nhs.net



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.