

Original Paper

Limited dorsal approach in treatment of scaphoid fracture

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Abstract

Background and Objective: Treatment of scaphoid fractures is studied extensively due to the specific anatomic shape and position, blood flow and its performance. In recent years, several treatment methods have been devised which are associated with various findings. This study was done to evaluate the short-term results of limited dorsal approach in treatment of scaphoid fracture.

Materials and Methods: In this descriptive study, 14 male patients with scaphoid fracture were gone under limited dorsal approach in treatment of scaphoid fracture in 5th Azar teaching hospital in Gorgan, Iran. Patients were followed up for 12 weeks and the onset of infection, screw breakage and joint degenerative changes were evaluated.

Results: 64% of scaphoid fractures were in waist of the bone. The mean time to union was 10.5 weeks. 64% of patients returned to work after 12 weeks. In none of the patients, infection, wound breakdown and joint destruction were seen. There were two-delayed union (> 12 weeks) and two screw head prominency in the scaphotrapezial joint but patients did not complain and their hand movements had no problem. During procedures, two guide pin failures occurred with no adverse effect in fixations. Complications were minor and wrist movements were nearly normal.

Conclusion: Limited posterior approach in the treatment of scaphoid fractures is an easier, faster and better union rate. Despite the short duration of follow-up study, this method is recommended in the treatment of scaphoid fractures.

Keywords: Scaphoid fracture, Limited dorsal approach, Scaphoid fixation

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