

MIKE FOSTER

Hand Wrist and Elbow Surgeon

Proximal Row Carpectomy

Problem

- Osteoarthritis in the wrist joint between the radius and the scaphoid, or collapse of the lunate.
- Pain and Stiffness is felt in the wrist.

Cause

- Usually results following a scaphoid injury that hasn't healed properly or scapho-lunate ligament injury.

Diagnosis

- X-rays will usually confirm the diagnosis.
- A CT or MRI may be required to look at the joint surfaces of the other carpal bones.

Treatment

- Operation – Day stay or overnight stay.
General anaesthetic with arm block.
- Removal of the arthritic scaphoid, lunate and triquetrum (proximal row)
- Closure of wrist capsule preserving volar wrist ligaments.
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Potential Complications

- Infection, Haematoma, stiffness.
- CRPS (exaggerated pain response from the nerves).

Post Operative Care

- Analgesia, Elevation in sling
- Back slab for 2 weeks then splint for four to six weeks.
- Hand therapy for regaining strength and range of motion.