

MIKE FOSTER
Hand Wrist and Elbow Surgeon
Corrective Radial Osteotomy

Problem

- Pain and discomfort in the wrist with difficulty with rotation.

Cause

- The radial fracture has healed with a degree of malunion.
- Usually the radius has shortened and tilted dorsally.

Diagnosis

- There is pain and discomfort in the wrist joint.
- Loss of rotation.
- X-rays will show the deformity.
- CT scan delineates the exact nature of the deformity.

Treatment

- Surgical
- General anaesthetic and arm block
A Volar approach to the forearm bones.
The radius is osteotomised (cut).
A special plate is used to secure the bones back into their correct place.
The void is filled with bone graft from the hip or demineralized bone matrix.

Potential Complications

- Infection, haematoma, neurovascular injury.
- Stiffness
- Non union/malunion.

Post Op Care

- Backslab for two weeks.
- Below elbow cast from two to eight weeks until union.
- Hand therapy once out of the plaster to regain strength and range of movement.