

MIKE FOSTER
Hand Wrist and Elbow Surgeon
Auckland Bone and Joint Surgery
Volar Plate Insufficiency

Problem

- Rupture of the volar plate of a joint leading to instability

Cause

- Usually hyperextension injury to the digit has caused the joint almost to dislocate rupturing the volar plate and this has failed to heal satisfactorily.

Diagnosis

- Pain can be felt on the volar side of the joint with hyperextension of the joint
- Experienced "an almost dislocation"
- X-rays may show opening up of the joint and MRI scan can be used to assess the extent of the Soft tissue injury

Treatment

- Most volar plate injuries will heal and scar down.
- If there are problems with instability then soft tissue reconstruction can be performed, either using local tissue spare tendon
- This can be held down with suture anchors
- Protection of the repair/reconstruction

Potential Complications

- Infection, haematoma, neurovascular injury, stiffness

Post Op Care

- The patient will awake from surgery in a slab
- Seen at ten days for wound check and then to go into a cast/splint for a total period of six to eight weeks
- At that stage come out of the plaster and start hand therapy for working at regaining motion.