The Outcomes for Delayed Treatment of Neglected Perilunate Fracture Dislocation

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Transscaphoid perilunate dislocations are rare injuries. It is estimated that up to 25% of these injuries are diagnosed late. Treatment of neglected injuries carries a poorer prognosis as compared to fresh injuries. Some patients treated with proximal row carpectomy, excision of the lunate or wrist arthrodesis, but these methods do not achieve good functional outcomes and have limitations of activities due to reduced range of motion, pain, and loss of grip strength. Therefore, open reduction and internal fixation is the recommended treatment for achieving anatomic reduction of the many structures that need to be repair. Many surgeons prefer free-handed insertion of the screw from the dorsal aspect of the proximal pole aiming at tie palmar-distal scaphoid tuberosity and repair the injured ligaments. In subacute neglected perilunate fracture dislocation, the teared ligaments were related healthy in situ. Once reduced and fixed the scaphoid fracture and kept acceptable alignment under the fluoroscope, do we need repair all ligament after k-pin fixation?

We collected our transscaphoid perilunate fracture dislocation patients that were neglected treatment within 6 weeks. One group received ligaments repair and capsulodesis performed after scaphoid fracture fixation with screw and k-pin kept the bony alignment. The other group just only received scaphoid fracture fixation and k-pin fixation the alignment without ligament repair.

The midterm results seemed no obvious differences in our series. Maybe, the related healthy ligaments wound healed by themselves once fixed well. Therefore, a dorsal approach to the wrist provides adequate exposure for reduction and fixation the alignment. Once scaphoid fixed and the bony alignment was acceptable under fluoroscope (mean the most part of ligaments was in good position), k-pin temporal fixation for bony alignment is enough for torn ligaments healed by themselves.