

Masterclasses

M3.3**Recent Advances in Management of Distal Radius Fracture****13:15 Room 423 & 424****Outcome with Advanced Technique of Fracture Fixation***Wong HK**Department of Orthopaedics and Traumatology, Princess Margaret Hospital, Hong Kong*

Distal radius fractures are common injuries. They can be treated with conservative treatment or operative treatment. Conservative treatment for unstable fractures, displaced intra-articular fractures and fractures irreducible by closed reduction will give rise to poor outcome. Computed tomography is useful in assessing the configuration of intra-articular fractures.

Open reduction or arthroscopic assisted reduction and internal fixation can allow accurate reduction of the displaced intra-articular fractures. Internal fixation with angular stable locking plates after restoring the normal anatomy can allow immediate post-operative mobilisation to minimise wrist joint stiffness. There are many different designs of regional specific implants available in the market.

Volar plating is the treatment of choice in most fracture types. It can provide better soft-tissue coverage and less tendon irritation.

Open reduction and dorsal plating may be required in some cases when a volar approach alone cannot achieve anatomical articular reduction and stable fixation. It is technically more demanding and requires careful and well planned soft tissue handling.