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Recent Advances in Management of Distal Radius Fracture

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**Impact of Distal Radius Fracture Rehabilitation on Patient and Hospital**

Ly CYF

*Physiotherapy Department, Tuen Mun Hospital, Hong Kong*

Fracture distal radius is one of the most common types of fractures which affects different age group. This condition has been a concern for healthcare professionals. The most common cause of distal radius fracture in elderly and children is the high risk of fall. However, its incidence in young adult could not be under-estimated especially in those post-menopausal women.

Rehabilitation period depends on types of injury, different strategies used in management of fracture, as well as the age group. Patient with osteoporotic fracture distal radius related to menopause not only need to bear the expenditure on rehabilitation, but also need to face the challenges of re-fracture as osteoporosis renders simple fracture unstable. In elderly, considering the longer life expectancy and more active lifestyles, the number of fracture distal radius is expected to increase. The most common cause of fracture results from low-energy fall. Fall prevention programme in senile fragility fracture is another challenge faced by healthcare professionals in rehabilitation setting after fracture distal radius. Children after fracture need to undergo training to maximise their physical and functional recovery due to the fact of their high activity level. There is an increasing number of sports related distal radius fracture in adolescent. Due to their high level of physical demand, athletes represent a unique subset of the population. Knowledge of these entities and special consideration for the athlete can help the medical professionals effectively treat these players and help them achieve their goals. Moreover, the prevention of sports injury is crucial.

With the increasing incidence and medical cost on management of distal radius fracture, there is increasing impact on human and monetary resources in hospital level. Also, it is important to analyse the preventive measures and treatment protocols for individuals who are at a high risk of injury. A change in direction on the management approach for this group of patient may therefore be required.