

Manage the Functional Outcome Following Distal Radius Fracture*Lau LCF**Occupational Therapy Department, Queen Elizabeth Hospital, Hong Kong*

Distal radius fracture is one of the common upper limb injuries presenting to the emergency department. With proper reduction and rigid fixation, early rehabilitation including splinting, mobilisation and functional training could begin immediately to achieve optimal range of motion, strength and functional independence.

Literatures reported ongoing pain and disability could last for more than a year in some population with complications such as stiffness, malunion, delayed return to work and increased incidence of subsequent fracture. Clinicians should understand and address the potential risks including personal and environmental factors, and integrate into clinical decision on management of wrist fractures. Secondary injury prevention for elderly patient should also be addressed.

These reported factors may prolong the rehabilitation period. Intensive and comprehensive intervention by a multi-disciplinary team is needed for a better functional outcome.