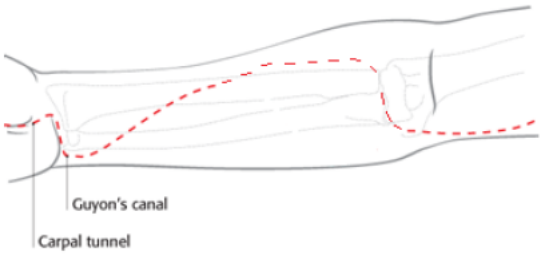
15 Forearm + Wrist – adult

PRO TIPS

- Do not extrapolate the principle of 'benign neglect' in elderly displaced distal radius to the younger population.
- The 2mm step as an indication for ORIF came from a very widely quoted paper by Knirk + Jupiter (JBJS 1986). This results of this study have been discredited and withdrawn.
- There are not many studies with 38 year follow up, so probably worth a look.
- Use the forearm compartment decompression technique described in Green's. This avoids the cutaneous branch of the median nerve, prevents subsequent SSG over exposed tendons. Also allows access for soft tissue and vascular injuries.



UK ISCP TRAUMA + ORTHOPAEDIC SYLLABUS

Knowledge

0 = No experience expected / 1= Has observed or knows of / 2= Can manage with assistance / 3 = Can manage whole but may need assistance / 4= Able to manage without assistance including potential common complications Green text = Oxford Trauma Service suggestions			
Topic	**CORE**	**ST3-ST8**	**>ST8**
Basic Science (Regional)			
Anatomy			
Anatomy of the forearm, wrist and related structures including forearm rotation	3	4	4
Surgical approaches to the forearm and wrist wrist	2	4	4
Biomechanics & Biomaterials			
Biomechanics of the wrist	1	3	4
Investigations			
Radiological investigations to assess the wrist	3	4	4
Assessments			
History and examination of the wrist including special clinical tests	3	4	4
Treatments			
Operative			
Management of closed diaphyseal fractures	3	4	4
Management of closed peri-articular fractures	2	4	4
Non-operative			
Rehabilitation of the hand and wrist	2	3	4
Orthoses	1	4	4
Use of splints	2	4	4
Distal radius fractures	3	4	4

Technical

0 = No experience expected / 1= Has observed or knows of / 2= Can manage with assistance / 3 = Can manage whole but may need assistance / 4= Able to manage without assistance including potential common complications Green text = Oxford Trauma Service suggestions			
Topic	**CORE**	**ST3-ST8**	**>ST8**
Forearm			
Fasciotomy for compartment syndrome	1	4	4
Fracture shaft radius / ulna:			
Fracture shaft radius / ulna IM nailing	0	3	4
Fracture shaft radius / ulna MUA & POP	0	4	4
Fracture shaft radius / ulna ORIF	0	4	4
Galeazzi fracture ORIF	0	4	4
Distal radius fractures	3	4	4
Amputation	2	4	4

Please find below, resources that cover the syllabus objectives.

DISCUSSION SLIDES

OTA Resident Lectures – Forearm Fractures
OTA Resident Lectures – Distal Radius Fractures
OTA Resident Lectures – Carpal Fractures + Dislocations
OTA Resident Lectures – Upper Extremity Amputations

RECOMMENDED KNOWLEDGE REVIEW RESOURCES

DIAPHYSEAL RADIUS + ULNA FRACTURES

- Rockwood + Green Chapter 41a: Diaphyseal Fractures of the Radius and Ulna p1498-1560
- Orthobullets – Forearm Fractures

DISTAL RADIUS FRACTURES

- Rockwood + Green Chapter 42a: Fractures of the Distal Radius and Ulna p1561-1590
- BOA Standards for Trauma – Distal Radius
- Orthobullets – Title
- JBJS Clinical Summary – Distal Radius Fractures
- Orthobullets – Distal Radius Fractures
- UK DRAFFT – Percutaneous fixation with Kirschner wires versus volar locking plate fixation in adults with dorsally displaced fracture of distal radius: randomised controlled trial, BMJ 2014 [Full text]
- VuMedi – Distal Radius Fractures: Are We Operating Too Much
- VuMedi – Current Concepts in the Management of Distal Radius Fractures (US perspective!)
- VuMedi – Bridge Plate vs. External Fixation for Distal Radius Fractures
- VuMedi – Comminuted Intraarticular Distal Radius Fractures: When to Fix, Span, or Close Reduce

DRUJ INJURIES

- Orthobullets – DRUJ Injuries

COMPARTMENT SYNDROME

- BOA Standards for Trauma – Diagnosis and Management of Compartment Syndrome of the Limbs

SCORING / CLASSIFICATION SYSTEMS

- AO/OTA

RECOMMENDED TECHNICAL REVIEW RESOURCES

DIAPHYSEAL RADIUS + ULNA FRACTURES

- AO Surgery Reference – Forearm Shaft

DISTAL RADIUS FRACTURES

- AO Surgery Reference – Distal Forearm

General

- VuMedi – Distal Radius Fractures: Fix Them Correctly
- VuMedi – 12 Minute Distal Radius Fracture ORIF

Approaches

- VuMedi – Extended FCR approach – commentary / Extended FCR approach – no commentary
- VuMedi – Dorsal Approach and Plating of a Proximal 1/3rd Radius Fracture – VuMedi
- VuMedi – Dorsal Open Reduction Internal Fixation of a Distal Radius "die punch" Articular Fracture
- VuMedi – Dorsal Approach for Dorsal Impaction Distal Radius Fracture – Visualization, Reduction, and Fixation Made Simple

Internal Fixation

- VuMedi – Volar Barton's – How I Prevent Facet Escape

Bridge Plating (sorry, I have not decided which one is best)

- VuMedi – Ulnar Translocation of the Wrist – Open Reduction and Bridge Plating
- VuMedi – Distal Radius Fracture Repair Technique: Bridge Plating
- VuMedi – Wrist Spanning Plate
- VuMedi – Distal Radius Fracture Repair Technique: Bridge Plating

DRUJ Injury

- VuMedi – Unstable DRUJ Post ORIF Radius - How to Treat

Complications

- VuMedi – Distal Radius Malunion
- VuMedi – Avoiding Complications in Distal Radius Fracture Management

Smith + Nephew

- Trauma Education – Hand + Wrist
- Trauma Education – Forearm
- EVOS small

Stryker

- Surgeon Education – Link
- Video Library – Link
- Trauma + Extremity Products – Link

DePuy Synthes

- Educational Material
- J+J Technical Guides

GUIDES + PROTOCOLS

NICE (National Institute for Clinical Excellence)

- Trauma (QS166)
- Fractures (complex): assessment and management (NG37)
- Fractures (non-complex): assessment and management (NG38)