



The Rare Hand Fracture

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Clinical Image

A healthy 45 year old male presents after falling onto a river bed with an outstretched left hand while hiking. Main complaint was severe pain and evident dislocated left thumb. X-ray of the left hand was performed (Figure 1). The most obvious finding is the lateral dislocation of the left thumb at the metacarpophalangeal joint. Less obvious and difficult to appreciate is the fracture of the trapezium, with no other associated fracture of the carpal bones. CT hand was performed for further assessment of the injury and surgical planning (Figure 2).

Isolated trapezium fractures are exceedingly rare fractures accounting for 0.4% of the hand injuries and 3% of carpal bone injuries. This type of fracture has potential to be missed as the vast majority of carpal injuries occur at the scaphoid [1]. In suspicious cases it is important to carry out CT imaging to confirm fracture diagnosis allowing for early treatment and return of hand function. In this case the use of fixation of the trapezium was carried out with K wiring (Figure 3).



Figure 1: X-ray left hand with (A) frontal and (B) lateral views. The left hand trapezium is severely fragmented and its proximal end displaced laterally.



Figure 2: CT left hand with (A) coronal and (B) sagittal views showing the trapezium fracture in detail.

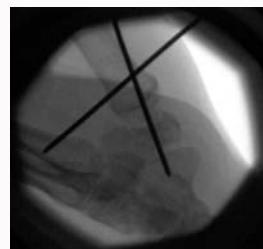


Figure 3: Two K wires placed under fluoroscopy.

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