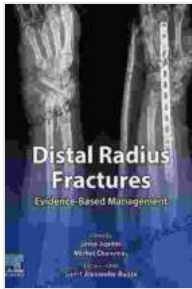


Distal Radius Fractures: A Comprehensive Guide to Evidence-Based Treatment



Distal radius fractures are one of the most common bone injuries, accounting for approximately 20% of all fractures. They occur when the end of the radius bone, which is located in the forearm, is broken. Distal radius

fractures can be caused by a variety of factors, including falls, sports injuries, and car accidents.



Distal Radius Fractures: Evidence-Based Management

★★★★★ 5 out of 5

Language : English
File size : 146491 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 1076 pages



The symptoms of a distal radius fracture can vary depending on the severity of the injury. Common symptoms include pain, swelling, bruising, and deformity. In some cases, the fracture may also cause nerve damage, which can lead to numbness and weakness in the hand.

The treatment of distal radius fractures depends on the type and severity of the injury. In most cases, treatment involves immobilization of the wrist and forearm in a cast or splint. In more severe cases, surgery may be necessary to repair the fracture.

Diagnosis

The diagnosis of a distal radius fracture is based on a physical examination and X-rays. The physical examination will reveal pain, swelling, and deformity. The X-rays will show the location and severity of the fracture.

Treatment

The treatment of distal radius fractures depends on the type and severity of the injury. In most cases, treatment involves immobilization of the wrist and forearm in a cast or splint. The cast or splint will help to keep the bones in place while they heal.

In more severe cases, surgery may be necessary to repair the fracture. Surgery is typically performed if the fracture is displaced, which means that the bones are no longer in their proper alignment. Surgery may also be necessary if the fracture is open, which means that the bone has broken through the skin.

Rehabilitation

After the cast or splint is removed, rehabilitation is necessary to help the wrist and forearm regain their full range of motion and strength.

Rehabilitation typically involves exercises to improve flexibility, strength, and coordination.

The length of time it takes to recover from a distal radius fracture varies depending on the severity of the injury. In most cases, recovery takes several weeks to months.

Complications

The most common complication of a distal radius fracture is stiffness. Stiffness can occur if the wrist and forearm are not properly immobilized during healing. Other complications of distal radius fractures include pain, swelling, and nerve damage.

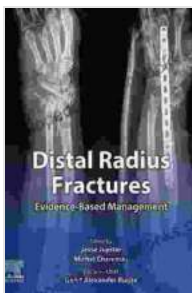
Prevention

There is no sure way to prevent distal radius fractures, but there are some things you can do to reduce your risk. These include:

- Wearing wrist guards when playing sports
- Avoiding falls
- Getting regular exercise to strengthen your bones and muscles

Distal radius fractures are a common injury that can be caused by a variety of factors. The treatment of distal radius fractures depends on the type and severity of the injury. In most cases, treatment involves immobilization of the wrist and forearm in a cast or splint. In more severe cases, surgery may be necessary to repair the fracture. Rehabilitation is necessary after the cast or splint is removed to help the wrist and forearm regain their full range of motion and strength.

If you have any questions about distal radius fractures, please talk to your doctor.



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