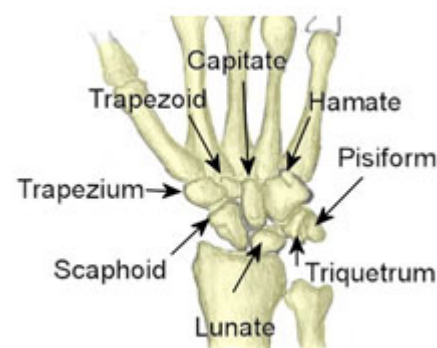


Triquetrum Fracture

A Triquetral Fracture is a break of the Triquetral bone (sometimes called triquetrum) is one of the eight small carpal bones in the wrist. The Triquetral is the second most commonly fractured carpal, behind the Scaphoid. A sudden, direct impact is the most common cause of this fracture, which causes wrist pain on the side of the little finger. This fracture can also often occur alongside other wrist injuries.



Triquetral fracture symptoms

Symptoms include pain in the wrist after impact, trauma or falling onto an outstretched hand. Pain will be located on the little or pinky finger side of the wrist. There will be rapid swelling and tenderness when pressing in over the site of the fracture. Reduced grip strength and range of motion are common.



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Causes

Triquetral fractures most commonly occur after a fall onto an outstretched hand, especially with the wrist in extension and ulna deviation (bent back and tilted, little finger side downwards). A direct impact from a blunt, hard object on the back of the wrist could also cause this injury.

Triquetral fractures may occur in isolation, with no other associated injuries. However, they are often more complicated and may include other fractures, such as to the lunate, as well as fracture dislocations and soft tissue injuries.

Treatment of a triquetral fracture

If a fracture is suspected, seek medical attention as soon as possible. An X-ray (/treatments-therapies/medical-imaging/x-rays) will be required to confirm the diagnosis and rule out any associated injuries. Isolated Triquetral fractures tend to heal well with immobilization. The wrist is placed in a cast for approximately 6 weeks so the bone can heal. After this period, the cast is removed and exercises to regain full movement and strength at the wrist should be performed.

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