



SCAPHOID FRACTURE

WHAT IS IT?

Scaphoid fractures are common wrist injuries. This injury is more common in males than females. Scaphoid fractures occur by falling on an outstretched hand (FOOSH). Signs to look for:

Signs and Symptoms

- Anatomic snuffbox pain (see photo to right)
- Mild bruising
- Swelling

Diagnosis

Diagnosis of a scaphoid fracture requires evaluation by a healthcare provider. X-rays are typically ordered within 12-21 days after the injury.



FRACTURE CLASSIFICATION

Timing

- Acute: < 4-6 weeks
- Delayed: > 6 weeks

Location

- Proximal pole, waist, or distal pole

Displacement of Fracture

- Displaced
- Nondisplaced



TREATMENT

- **Nondisplaced:**
Casting (approximately 3 months)
- **Displaced:**
Surgical fixation
- **Acute cases:**
2-3 months of casting
- **Delayed cases (ignored):**
Surgery and six or more months of healing time with no sports participation

RETURN TO PLAY:

- Nonsurgical: 4-6 months
- Surgical: 6+ months