

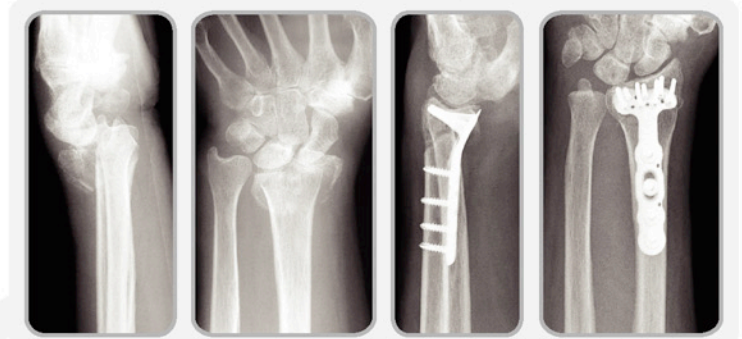
Wrist Injury

Distal Radius Fracture

This injury often occurs when a rider falls and lands on his outstretched hands - fracturing the distal radius. The injury is immediately evident, causing severe pain and an obvious deformity of the wrist. Less common than a fracture, but another injury resulting from such a fall, is the dislocation of the carpal bone.

Treating a Fractured Wrist

- An X-ray is taken to determine extent of injury.
- A short term brace is all that's necessary for a simple crack with no displacement.
- If bones are not in proper alignment, surgery is performed to ensure the bony fragments of the distal radius or dislocation of the carpal bones are put back into the anatomic position.



X-rays of Distal Radius Fracture and Repair

Stretches

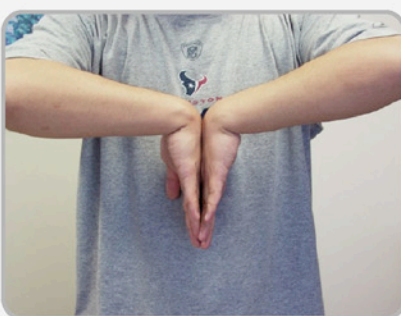
Post Distal Radius Fracture



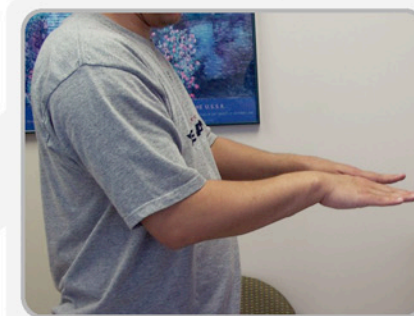
Wrist Extension



Wrist in Supination



Wrist Flexion



Wrist in Pronation