

# Perilunate Dislocation of the Wrist

## What is injured?

The strong ligaments that bind the bones of the wrist together are torn apart, allowing the lunate bone to dislocate. There is often quite extensive damage to the soft tissues of the wrist and hand.

One of the big nerves to the hand, the median nerve, is stretched over the dislocated lunate bone and can malfunction as a result of this injury.

## What happens at surgery for this injury?

The surgeon will open the back of the wrist joint and replace the lunate into its normal position. They will then repair the ligaments using tiny metal anchors into the bones, with sutures attached, tying the ligaments back down to the bone. Metal pins are used to fix the bones in position and a plaster is applied. The metal pins and plaster are removed at 10-12 weeks following the surgery.

## How long will it take to get better?

It takes around a year to recover from this injury. At 3 months, all wires have been removed, and within another 3 months it is usually safe to use the wrist normally.

## What should I do with my wrist?

- Aim to start moving the fingers as soon as possible after the surgery.
- Once the plaster and wires have been removed, start the KEY EXERCISES shown. These will feel very stiff for many months.
- Use a splint to protect the wrist when you are out and about for around 3 months after the wires have been removed.

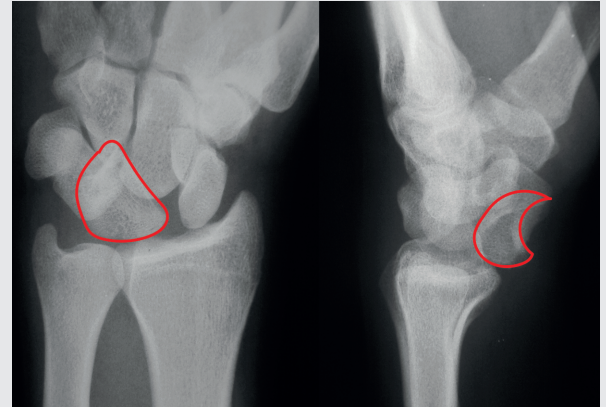
## Please get in touch with us:

- If you develop any new numbness or tingling in the hand
- If you are unable to move your fingers
- If your pain levels increase significantly for no reason
- If you develop a temperature

## Are there any risks from this injury?

With time, we expect the wrist to recover around 70% of its normal movement and around 70% of usual grip strength. Symptoms of pain or discomfort on heavy use of the wrist are common in the long term.

## What does the xray look like?



An xray shows the lunate bone (outlined in red) is sitting at 90 degrees to normal, and in a dislocated position.

## Hand Key Exercises



Make a full fist and straighten your fingers out around 10 times every half an hour

## Wrist Key Exercises



## TOP TIPS

**Stop smoking** - this will help the healing process  
**Keep the arm elevated** on a pillow overnight  
**Keep moving your fingers** - to avoid stiffness  
**Try to start using the hand** slowly as pain allows

## Contact the Fife Virtual Hand Clinic Team

By telephone: 01383 623623 Extension 22441

By email: [fife.fifehandservice@nhs.scot](mailto:fife.fifehandservice@nhs.scot)

Via our website: [www.fifevirtualhandclinic.co.uk](http://www.fifevirtualhandclinic.co.uk)

