NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Scaphoid Fracture

Diagnosis Explanation:

A **scaphoid fracture** is a break in the **scaphoid bone**, one of the small bones in the wrist. This fracture commonly occurs due to a **fall onto an outstretched hand (FOOSH)** and can be **difficult to detect** on initial X-rays. Due to **poor blood supply**, scaphoid fractures have a **higher risk of nonunion or avascular necrosis (bone death)** if not treated properly.

Symptoms:

- **Pain and tenderness in the anatomical snuffbox** (the small dip at the base of the thumb).
- **Swelling and bruising** around the wrist.
- **Pain with gripping or pinching**.
- **Limited wrist motion**, especially bending the wrist backward.

Specific Work Modifications:

- **If your job involves typing or writing:** Use an **ergonomic keyboard and wrist brace**, and take **frequent breaks**.
- **If your job requires manual labor:** Avoid **lifting, pushing, pulling, or using vibrating tools**.
- **If your job is desk-based:** Keep the **wrist neutral**, use **a soft wrist rest**, and avoid **leaning on the injured wrist**.
- **Avoid:** Repetitive wrist use, weight-bearing activities, and forceful gripping.

Specific Activity Modifications:

- **If you play sports:** Avoid **contact sports, racket sports, weightlifting, and activities that strain the wrist**.
- **If you do yoga or Pilates:** Modify wrist-bearing poses (e.g., plank, downward dog) to reduce joint stress.
- **If you play an instrument, knit, or garden:** Use **larger-handled tools** and modify grip positions.
- **Avoid:** Impact activities, excessive wrist bending, and repetitive gripping motions.

Recommended Supplements:

- **Calcium & Vitamin D** - 1000mg/800 IU daily for bone healing.
- **Collagen Peptides** - 10g daily to support bone and soft tissue repair.

- **Magnesium** - 300-400mg daily for bone strength and muscle relaxation.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Turmeric (Curcumin)** - 500-1000mg daily for pain relief.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support bone healing.
- **Eat Bone-Strengthening Foods** (leafy greens, dairy, nuts, seeds) to aid fracture repair.
- **Consume Anti-Inflammatory Foods** (berries, turmeric, green tea) to reduce swelling.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support bone regeneration.

Home Exercise Prescription (Rehabilitation for Scaphoid Fracture)

Early Phase (0-6 Weeks, Immobilization & Healing):

- **Wrist Splint or Cast** - Wear a **thumb spica cast or splint for 6-12 weeks** as directed by your doctor.
- **Finger Flexion & Extension** - Move fingers gently to prevent stiffness, **10 reps, 2x/day**.
- **Shoulder & Elbow Movements** - Maintain mobility in the upper arm, **10 reps, 2x/day**.

Strengthening Phase (6-12 Weeks, Restoring Mobility & Function):

- **Wrist Flexor Stretch** - Extend the arm, pull fingers back gently, **hold 20 seconds, 3x/day**.
- **Wrist Extensor Stretch** - Extend arm, pull fingers downward, **hold 20 seconds, 3x/day**.
- **Light Resistance Wrist Curls** - Hold a small weight, curl wrist up and down, **10 reps, 2x/day**.

Advanced Phase (12+ Weeks, Preventing Recurrence & Maintaining Function):

- **Grip Strengthening (Soft Ball Squeeze)** - Squeeze a soft ball **5 seconds, repeat 10 reps, 2x/day**.
- **Forearm Pronation/Supination (Light Resistance)** - Rotate forearm palm-up and palm-down, **10 reps, 2x/day**.
- **Wrist Circles** - Slowly rotate wrists in both directions, **10 reps, 2x/day**.

Helpful Books:

1. *The Healthy Wrist Handbook: Exercises & Treatments for Wrist Pain & Injury* - Dr. Ross Clifford.
2. *Overcoming Wrist & Hand Pain: A Self-Help Guide* - Susan J. Barnhart, PT.

Contact Key West Concierge Orthopedics to reach out to Dr. Jason Pirozzolo or schedule a Concierge Care without the Concierge Fee™ appointment. Check out Nonsurgicalorthopedics.com and TopOrthoDocs.com to continue your research.