



### What is a scaphoid fracture?

The scaphoid bone is one of the eight small bones located on the thumb side of your wrist.

Scaphoid fractures usually occur after a fall on an outstretched hand. There is pain after the injury and pain may improve over days or weeks. Patients often delay seeing a doctor because it feels like a badly sprained wrist and because of this improvement in pain.



### What is a scaphoid non-union?

Scaphoid fractures are difficult to heal and a scaphoid fracture that does not heal is a scaphoid non-union. Patients usually recall a past wrist injury and complain of pain on the thumb side of the wrist with a stiff wrist.

### How is a scaphoid non-union diagnosed?

Non-unions are diagnosed with an X-Ray. Occasionally CT scan and MRI is needed to fully assess the scaphoid bone and the non-union.



### What happens after a non-union is diagnosed?

Scaphoid fractures are sometimes difficult to get healed because of their poor blood supply. A scaphoid fracture that does not heal (a.k.a. scaphoid non-union) may lead to arthritis of the wrist.

Treatment will involve surgery to help heal the bone. Various surgical treatments exist and is dependent on many factors including health of the bone, amount of bone loss and collapse, which part of the scaphoid is involved and the presence of arthritis of the wrist. The surgical treatment is best discussed with your surgeon. Despite the surgery going well, some scaphoid non-unions still fail to heal.