

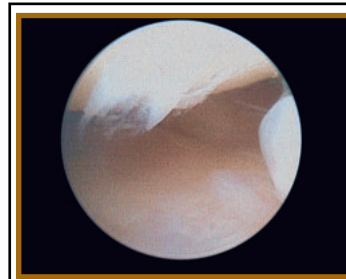
Wrist Arthroscopy

Wrist arthroscopy is a minimally invasive technique of treating torn ligaments and cartilage inside the wrist joint.

A wrist with torn ligaments or cartilage may have a completely normal x-ray. Unfortunately, these injuries are often untreated and undiagnosed or simply called “sprains.” Without treatment, wear and tear damage to the joint cartilage can ensue requiring major wrist reconstruction or total joint replacement. MRI and wrist arthrograms can even miss up to 25 percent of such injuries.

Wrist arthroscopy is an invaluable diagnostic and therapeutic procedure performed as an outpatient. Postoperative recovery is relatively rapid however more severe ligamentous injuries may still show continued improvement for several months or even a year after arthroscopic treatment.

Typically a 2.7 millimeter scope and debrider are inserted through three to four millimeter openings on the dorsum of the wrist. The inside of the joint and area of injury is visualized and treated while watching the image on the video monitor. The incisions are closed with steri-strips (no stitches) and the wrist is splinted for two weeks.



Torn ligament



Corrected