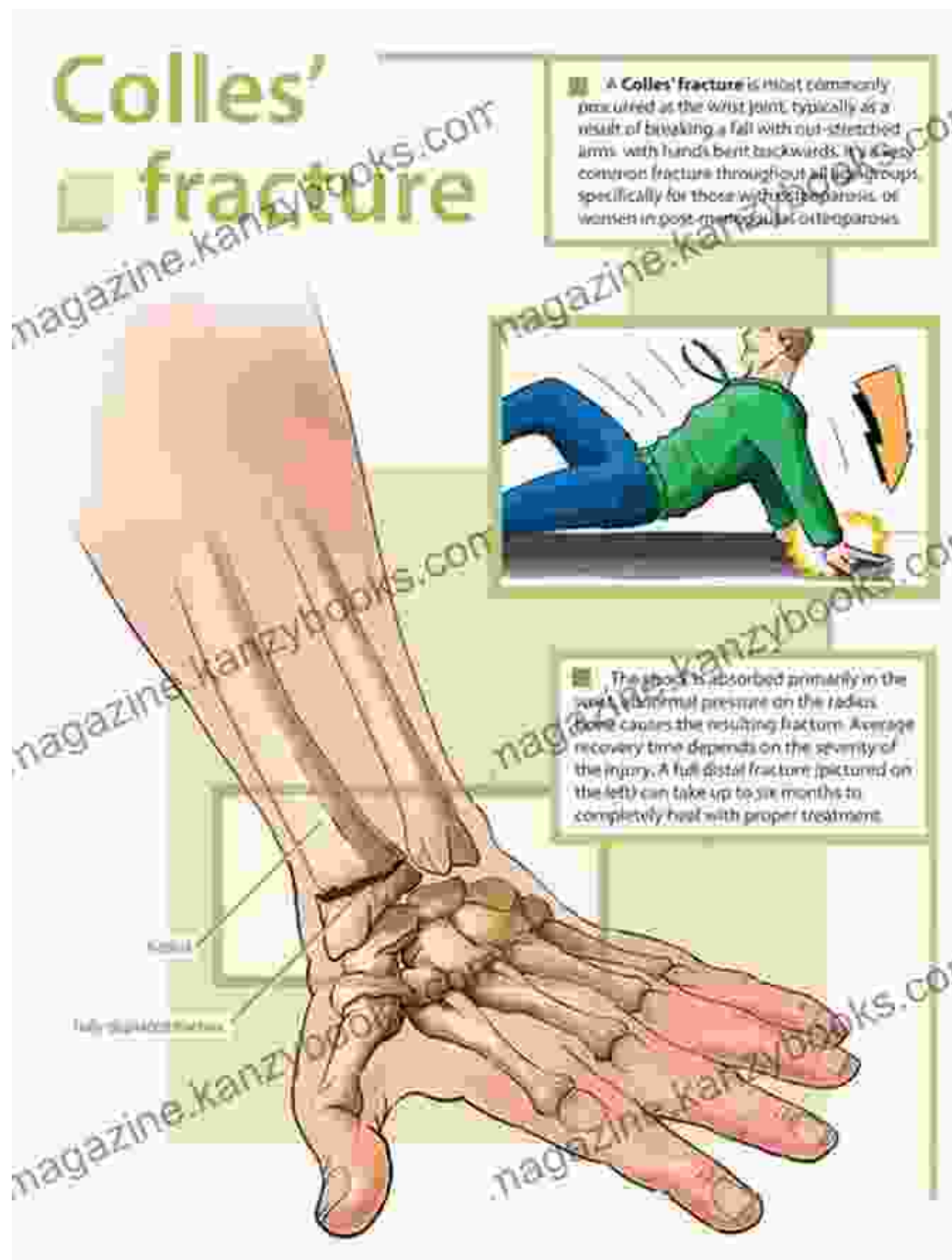
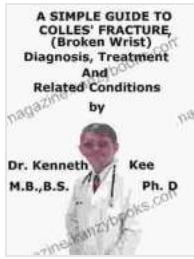


Simple Guide to Colles Fracture: Broken Wrist Diagnosis, Treatment, and Related

Understanding Colles Fractures



A Simple Guide To Colles' Fracture, (Broken Wrist) Diagnosis, Treatment And Related Conditions (A Simple



Guide to Medical Conditions) by Kenneth Kee

★★★★☆ 4.6 out of 5

Language	: English
File size	: 536 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Colles fractures, also known as distal radius fractures, are the most common type of wrist fracture. They occur when the radius bone in the forearm breaks near the wrist joint. These fractures typically happen when you fall on an outstretched hand, with the force of the impact traveling up the forearm and causing the bone to break.

Colles fractures are often associated with a characteristic "dinner fork" deformity, where the wrist appears bent backward and the hand is tilted towards the thumb side. This deformity occurs due to the pull of the wrist flexor tendons on the broken bone fragments.

Diagnosis of Colles Fractures

Diagnosing a Colles fracture usually involves a physical examination and X-rays. During the physical exam, your doctor will check for pain, swelling, and deformity in the wrist. They will also assess the range of motion and stability of the joint.

X-rays are essential for confirming the diagnosis and determining the severity of the fracture. X-rays can show the location and extent of the

break, as well as any associated injuries to the surrounding bones or ligaments.

Treatment Options for Colles Fractures

The treatment for Colles fractures depends on the severity of the break and whether there is any displacement of the bone fragments. In most cases, closed reduction and casting is the preferred treatment method.

Closed reduction involves manipulating the broken bone fragments back into alignment without surgery. Once the bones are aligned, a cast is applied to immobilize the wrist and allow the bone to heal.

In some cases, surgery may be necessary to achieve proper alignment or to stabilize the fracture. Surgery may also be recommended if the fracture is open (meaning the bone has broken through the skin) or if there are associated injuries to other bones or ligaments in the wrist.

Rehabilitation After Colles Fracture

After a Colles fracture, rehabilitation is crucial for restoring range of motion, strength, and function to the wrist. Rehabilitation typically begins once the cast is removed, which is usually after 6-8 weeks.

Rehabilitation exercises focus on improving flexibility, range of motion, and strength in the wrist. These exercises may include:

- Wrist flexion and extension
- Wrist pronation and supination
- Radial and ulnar deviation
- Grip strengthening exercises

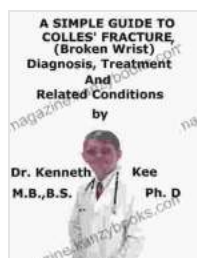
Prevention of Colles Fractures

While not all Colles fractures can be prevented, there are certain measures you can take to reduce your risk:

- Wear wrist guards when participating in activities that involve a risk of falling, such as skateboarding or snowboarding.
- Strengthen your wrists and forearms with regular exercise.
- Maintain a healthy weight to reduce the impact forces on your wrists in the event of a fall.
- Be aware of your surroundings and avoid situations where you may be at risk of falling.

Colles fractures are a common type of wrist fracture that can occur in people of all ages. Understanding the symptoms, causes, and treatment options for Colles fractures is crucial for proper diagnosis and management. By following the advice in this guide, you can effectively manage your Colles fracture and work towards a full recovery.

Remember, if you experience any pain, swelling, or deformity in your wrist, it is important to seek medical attention promptly to ensure an accurate diagnosis and appropriate treatment plan.



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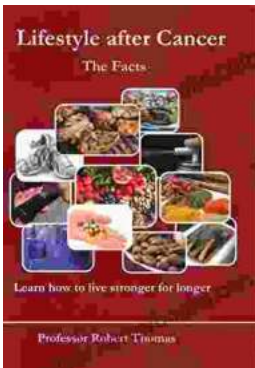
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