



Wrist Arthritis

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There are several types of wrist arthritis, but there are 2 main types:

SLAC (scapholunate advanced collapse) wrist – chronic ruptured scapholunate ligament which alters the biomechanics of the wrist leading to arthritis

SNAC (scaphoid nonunion advanced collapse) wrist – chronic fracture of the scaphoid bone which alters the biomechanics of the wrist leading to arthritis



Non-Operative Treatment Options

Splinting

Occasional steroid injection

Physical therapy

Activity modification

Surgical Treatment Options



Wrist arthroscopy, radial styloidectomy, wrist denervation

Pros: quick recovery, no loss of range of motion

Cons: rarely 100% successful, hit and miss results



Scaphoid Excision 4 corner fusion

Remove scaphoid, fuse 4 bones together (capitate, lunate, triquetrum and hamate)

Pros: good for those with midcarpal arthritis; addresses underlying problem

Cons: long recovery, lose approximately 50% range of motion



Proximal Row Carpectomy (PRC)

Remove three bones (scaphoid, lunate and triquetrum)

Pros: faster recovery, retains 60% range of motion

Cons: lose approximately 50% range of motion, may develop osteoarthritis between capitate and distal radius