


A useful technique of reduction for distal radius fractures

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Sir John Charnley described a method of three-point fixation when applying a moulded plaster.¹ The principles of fracture reduction are longitudinal traction, exaggeration of the fracture and then correction of the deformity. We present a novel technique which

enables a single person to reduce a severely displaced distal radius fracture whilst simultaneously applying counter traction, for formal manipulation under anaesthesia.

The patient is positioned supine with the shoulder abducted to 90°, elbow flexion to 90° and arm pronated. The surgeon uses the posterior aspect of their thigh with the aid of gravity to provide counter traction to enable reduction of the fracture (Figures 1 and 2). Fracture reduction is checked and the image intensifier is used as a platform for applying a cast.

This is a time-efficient technique that can be used without an assistant. It uses inexpensive materials and applies the basic orthopaedic surgical principles of three-point fixation to achieve good fracture reduction.¹

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Not applicable.



Figure 1. Demonstration of the technique in antero-posterior view.



Figure 2. Demonstration of the technique in lateral view.

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Not applicable.

Guarantor

RAS.

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