



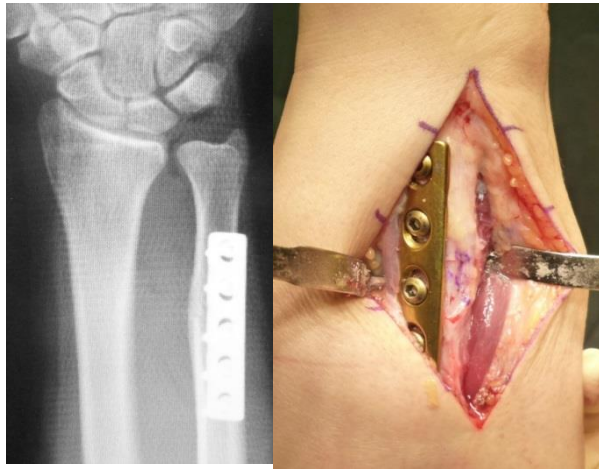
Stabilizing effect of ulnar shortening procedure for the DRUJ instability

Toshiyasu Nakamura, Koji Abe

Clinical Research Center, International University of Health and Welfare, Tokyo, Japan

Introduction

- ✓ Ulnar shortening is widely indicated for patients with positive ulnar variance (UV) wrist.
- ✓ Ulnar shortening procedure can stabilize the DRUJ [1].
- ✓ We evaluated stabilizing effect of the DRUJ in TFCC injury cases who underwent ulnar shortening.

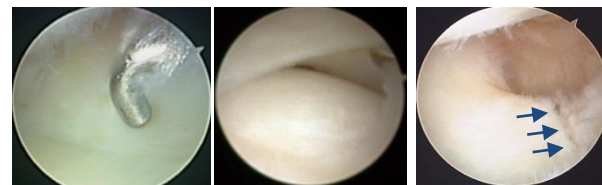


Patients and Methods

- ✓ 70 wrists of 68 cases, with slight to severe DRUJ instability
- ✓ Male 34 Female 38
- ✓ Right 36 Left 30 Bilateral 2
- ✓ Average age 34 (19-63)
- ✓ Preoperative ulnar variance 1.98 (0-6.5) mm
- ✓ Shortening of the ulna 2.8 (2-6) mm
- ✓ Evaluation AS (RCJ, DRUJ)
- ✓ Clinical outcome [2]

Results

Preoperative
RCJ findings



2A 43 Intact TFC 10 2C 9 1B 8

DRUJ findings



partial RUL complete relaxed
partial avulsion of the RUL 9;
RUL complete avulsion 10;
relaxed RUL 21

Post operative

- ✓ Pain (-) 60, (±) 8, (+) 1, (++) 1
- ✓ Forearm rotation: full
- ✓ DRUJ instability (-) 63: (±) 4, (+) 2, (++) 1
- ✓ Clinical outcome 59 excellent, 9 good, 1 fair, 1 poor
- ✓ Complete RUL avulsion needed repair (7) and reconstruction (3)

Clinical outcome in pre-operative DRUJ instability

± 11E 0G 0F 0P
+ 40E 0G 0F 1P
++ 8E 9G 1F 0P

Conclusion

- ✓ Clinical outcome of ulnar shortening for mild to moderate DRUJ instability was excellent.
- ✓ Severe DRUJ instability with complete RUL avulsion needed additional repair or reconstruction of the RUL

[1] Nishiwaki, Nakamura et al., JHS-A 2005.

[2] Nakamura et al. Hand Clinics 2011