

**MIKE FOSTER**  
**Hand Wrist and Elbow Surgeon**  
**Hemi Hamate Procedure**

**Problem**

- There is a fracture/dislocation at the PIP joint of the finger.
- Pain and stiffness is felt in the joint.

**Cause**

- Usually an axial load to the tip of the finger causes this significant injury such as being struck on the end of the finger by a ball, or other hard object.

**Diagnosis**

- X-rays will alert one to the diagnosis.
- A CT scan will confirm the degree of incongruity at the joint and to the level of comminution of the middle phalanx

**Treatment**

- Most of these injuries require operative fixation
- Acutely these would be managed with open reduction and internal fixation, however, if comminution is too great, or as a delayed procedure, a hemi hamate will be recommended.
- This requires a general anaesthetic, plus or minus arm block.
- Removal of the comminuted bone fragments.
- Harvesting of a bone block from the ipsilateral hamate, which mimics the articular congruity of the PIP joint.
- Fixation of this bone graft to the PIP joint, using a couple of small hand screws.

**Potential Complications**

- Infection, haematoma, stiffness, collapse of the fixation

**Post Op Care**

- Analgesia, elevation in a sling and temporary slab
- Hand therapy at five days for resting splint and encourage early active mobilization
- Review at six week mark to assess for bony union
- Full recovery in terms of regaining motion, and strength, at least three months
- Aim would be to restore approximately two thirds to three quarters of normal motion