

MIKE FOSTER
Hand Wrist and Elbow Surgeon
Piso-Triquetral Arthritis- (Excision Pisiform)

Problem

- Pain and discomfort on the volar ulnar aspect of the wrist

Cause

- Arthritic change at the junction between the pisiform and triquetral bones

Diagnosis

- Pain localises in the volar/ulnar aspect of the wrist to the region of the piso-triquetral joint.
- Pain and discomfort with wrist movement
- X-rays often don't show diagnosis
- CT scan or MRI scan helps confirm the diagnosis
- Positive response to local and steroid injection also confirms diagnosis

Treatment

- Non-operative initially with anti-inflammatories, splints and steroid injection
- Operative treatment –
 - General anaesthetic
 - Day surgery
 - Excision of the pisiform

Potential Complications

- Infection
- Haematoma
- Stiffness
- Slight wrist weakness

Post Op Care

- Plaster slab for two weeks
- Review at two weeks and into splint for further four weeks
- Start gentle mobilisation after two weeks to regain strength and range of movement
- Specialist review at ten days, six weeks and three months
- Hand therapy for three months