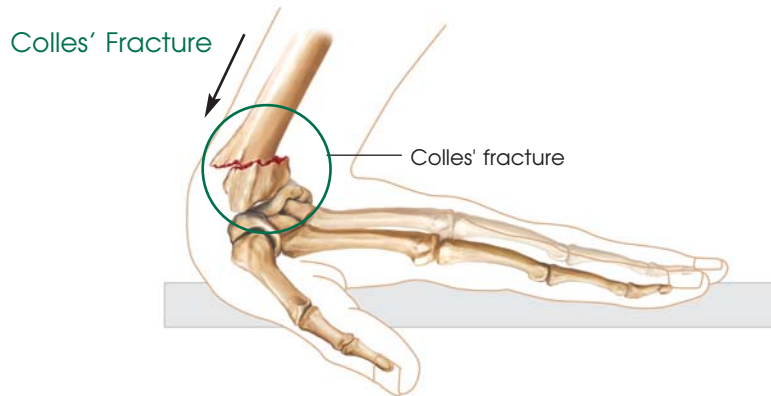
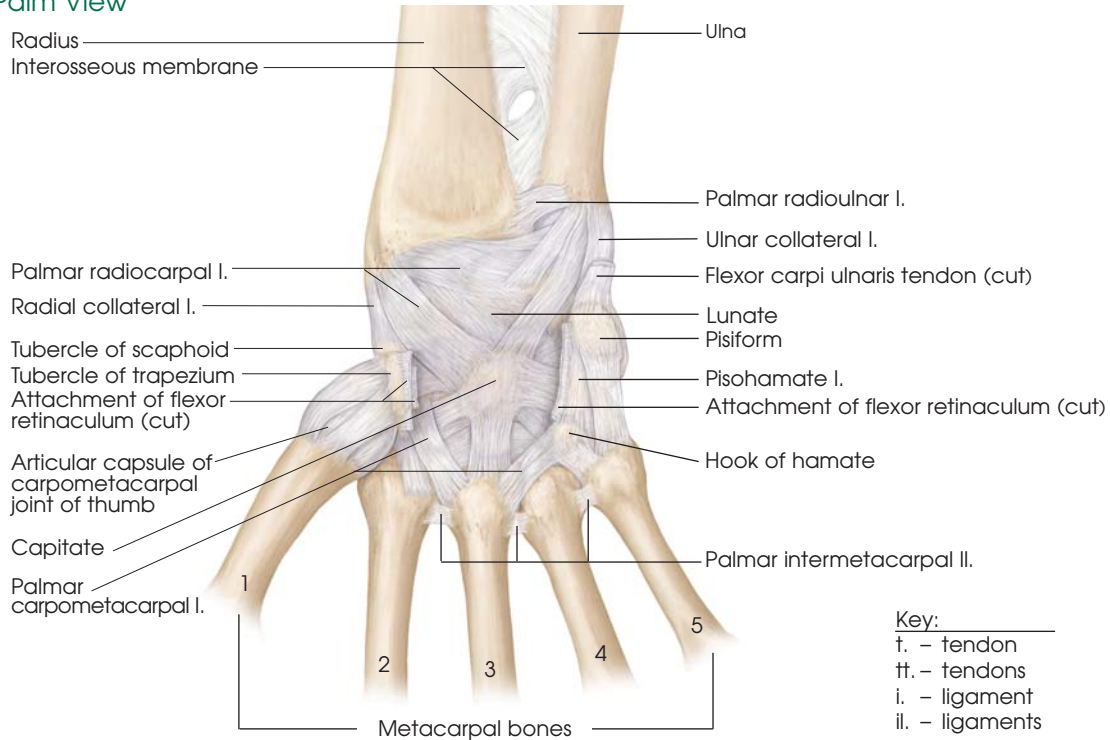


# Colles' Wrist Fracture

## Normal Hand Anatomy: Volar/Palm View



**Colles' Wrist Fracture** is a break in the radius bone of the arm, close to the wrist. The break is usually due to a fall on an outstretched hand but can also happen in an accident or other similar trauma to the wrist. In this injury, the hand falls in a backward and outward position in relation to the forearm. People with osteoporosis are at risk for a wrist fracture even if the fall is minor. Symptoms can include pain, tenderness, swelling, bruising or deformity of the wrist (looking crooked or oddly bent).

### Common Treatment Options

- A splint or plaster cast may be used to ensure alignment as the bone heals.
- X-rays will be taken to ensure normal healing.
- Elevate the wrist.
- If possible, apply ice packs to the wrist for 20-30 minutes every 3-4 hours for the first 2-3 days.
- Take pain medication such as acetaminophen.
- Avoid smoking, and nonsteroidal medications such as ibuprofen, naproxen, or aspirin which can slow bone healing.
- Surgery may be needed if the bone will not heal adequately in a cast, and may include insertion of pins, plates, screws or other devices to ensure bone alignment and proper healing.

