

KIENBOCK'S DISEASE

AVN of the Lunate

Lichtmann

Stage I Normal radiograph or
Lunar #
↑ uptake on bone scan
T1 MRI low signal

Tx

Immobilisation 3/12 cast

II Lunate sclerosis
with or without # lines

III Lunate collapse
A Normal carpal height

B Proximal capitate migration
Flexed Scaphoid (Ring sign)

C Coronal split

IV Midcarpal +/- radiocarpal
arthritis

Revascularisation

Indirect by unloading
Radial shortening
(or Capitate shortening)

Direct 4,5 extensor
compartment artery
vascularised bone graft
or 2,3 ICORA

Tx carpal instability
Proximal row carpectomy

* Scaphotrapezotrapezoid
fusion

Total wrist fusion

A vs
B or the
Tx

All pt should have a trial of non operative Mx regardless of stage
cannot do 4 corner fusion as lunate is dead

* Not 4 corner as lunate is dead