

## SCAPHOID APPROACHES

Volar

INDICATION

Scaphoid waist #

- Does not damage dorsal blood supply
- Correct Humphreys dysmaturity

LANDMARKS

Scaphoid tubercle & FCR

INCISION

Longitudinal along radial border of FCR

Curve radially to Scaphoid tubercle at  
distal wrist crease

Divide superficial branch of RN

Direct through bed of FCR

Incise & reflect capsule & RS & RSL ligaments

Screw distal to proximal  $45^\circ$  to horizontal (sag)  
 $45^\circ$  to coronal plane

Dorsal

INDICATION Proximal pole scaphoid #

STRUCTURES @ RISK Dorsal branch of the RA

LANDMARKS Lister's tubercle

INCISION Between 3rd & 4th extensor compartments  
Transverse capsulotomy  
Flex the wrist  $90^\circ$  to expose proximal pole

Entry point for K-wire is just radial to the SC ligament & run along the thumb