

DOES SCAPHOID BONE BRUISING LEAD TO FRACTURE AND SHALL IT BE TREATED SAME AS FRACTURE?

Turab SYED, Yousaf SHAH, Martin Harry WETHERILL, Syed TURAB

Milton Keynes Foundation Hospital NHS Trust, Milton Keynes (UNITED KINGDOM)

INTRODUCTION: Bone bruising of scaphoid is commonly reported when MRI Imaging is carried out for continued pain in Anatomical Snuff Box following trauma. Is it significant? **PURPOSE:** To ascertain what percentage of bone bruising leads to continued symptoms or results in secondary fracture detection. **MATERIAL AND METHODS:** Prospective study looking at MRIs of scaphoid for 100 consecutive patients with a suspected scaphoid fracture and negative initial X-rays. These are followed up for at least 8 weeks to ascertain whether they have developed into fracture line or not during this period. These are also assessed for continuity of symptoms by way of clinical examination and time to resolution of symptoms for both with continued bruising and those with secondary fractures. Bruising was divided into different grades and assessed if any particular grade was more prone to later on develop into a secondary fracture. **RESULTS:** The group of 100 MRI SCANS showed propensity of bone bruising. Bone bruising was divided into various groups and correlated with later on fracture development. We also provide the % age of patients developing fracture. The time it takes for bone bruising to develop into fracture was studied along with what treatment and how long it was received. **CONCLUSION:** Bone bruising can develop into secondary fracture and needs aggressive treatment similar to undisplaced scaphoid fracture.