

Galeazzi Fracture

A Galeazzi fracture is one involving the radius with a dislocation of the distal radio-ulnar joint (the connection between both forearm bones). Essentially, it involves an isolated fracture of the junction for the distal third and the middle third of the radius that is associated with dislocation or subluxation of the distal radio-ulnar joint. The injury tends to disrupt the forearm axis joint.

These fractures account for around 3-7 percent of all fractures in the forearm, so they are quite rare. They are often seen in males. Even though their patterns are uncommon, they are estimated to account for 7 percent of the forearm fractures in adults. They tend to be associated with falls on an arm that is outstretched.

Galeazzi Fracture Anatomy

The arm is a complex system consisting of muscles, bones, vessels and nerves. It extends from the shoulder and down to the fingertips. It is one of the most evolutionary tools that provide humans with the ability to build enormous skyscrapers, arm wrestle and climb up those towering trees in the yard.

Fractures tend to be among the most common types of injuries to the arm. Most of the time, these injuries occur during an automobile accident, sports injury or a fall. The ulna and radius are commonly the bones broken. These bones are often healed using casts to keep the bones immobile, but a compound fracture might end up requiring surgery to reinforce the bones.

The upper arm provides you with lifting and pulling strength. Elbows allow the arm to swing in a 180 degree motion when fully extended. The forearm is the area lying between the elbow and the wrist. The muscles in the forearm help the wrist to rotate. Within the upper hand, 13 bones, multiple tendons and muscles all help to form the intricate area. Thanks to the five fingers, the hand lets humans do more complicated tasks than that of any other animal.



How to Treat a Galeazzi Fracture:

Reduction

Galeazzi fractures are often treated using an open reduction of the distal radio-ulnar joint and the radius. It has often been termed the fracture of necessity because open surgical treatment for adults is necessary. Treating the condition non-surgically will result in recurring dislocations of the distal ulna. In patients who are skeletally immature, fractures are often treated using a closed reduction procedure.

Tips:

- If at all possible, try to avoid falling onto an outstretched arm. For those who are going down, avoid placing the arm out in front of you to try and catch yourself. Or if you get time, roll onto your side as you are falling.
- Osteoporosis can make a minor fall end up causing a broken wrist. If you have a minor fall and then fracture your wrist, and you are over the age of 60, go to your doctor to discuss having a bone density scan (DEXA scan).
- If you are at risk of osteoporosis, ensure you eat a good healthy balanced diet. So many older ladies under-eat, and this can deprive the bones of important nutrients.
- Broken wrists can happen all the time in even the healthiest of bones, if the trauma force is severe enough.
- Wearing a wrist guard will help to prevent some of the fractures in high risk sports like snowboarding, and motocross.