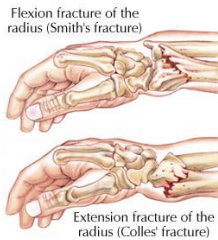


COLLE'S FRACTURE

Definition: A fracture of the lower end of the radius with the backward displacement of the lower fragment and radial deviation of the hand.(See illustration below)^{1,6}



Smith's

and

Colle's Fracture

Silver

Fork

Deformity

Pathophysiology: Colle's fracture is usually caused by falls with the outstretched hand. The lower end of the radius is broken and displaced backward which results in a hump at the back of the wrist characterizing the "silver fork" deformity.(See illustration below)^{1,5,6}



Affected

to the elderly, Colle's fracture can be seen with increased frequency in the elderly population who suffered from falls. It can be also be seen with young and athletic individuals who fell with an outstretched hand.^{1,5}

People/Population: Since falls is a risk factor to the elderly, Colle's fracture can be seen with increased frequency in the elderly population who suffered from falls. It can be also be seen with young and athletic individuals who fell with an outstretched hand.^{1,5}

Medications: Medications are usually the same with the general medications used for fractures. Special considerations are given to patients with other existing disease or condition.^{1,3}

Surgery: The unstable part/s are usually stabilized by screws, pins, or plates(see fx1-3) together with casting with plaster of paris. If no operation was done to the patient, casting and immobilization is done.^{1,5,8}

Physical Therapy: Physical therapy aims to maintain the normal functioning of the joints and muscles while the patient is still in cast. After the cast is removed, modalities like paraffin wax bath are given to decrease pain. Active range of motion exercises, stretching and grip strengthening exercises given to restore normal range of motion of joints. Grip strengthening and theraband exercises improves/restores the strength of hand and wrist muscles.^{1,2,4,5,7}

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