



An Easy Tip for Tendon Repair in Spaghetti Wrist Injury

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Clinical Image

Multicomponent soft tissue injuries of the wrist, also known as “Spaghetti Wrist Injuries” occur between the distal wrist crease and the flexor musculotendinous junctions involving at least three completely transected structures, including at least one nerve and often an artery [1]. There is a total of 16 functional structures in the volar wrist; twelve of which are flexor tendons, along with 2 arteries and 2 nerves. Since vascular and nerve repair require microsurgical intervention, tendon repair should often be performed initially [2]. In patients with multiple flexor tendons lacerations, the need for re-checking proximal and distal ends of each tendon before repair takes time. In our clinic, we use a tagged surgical forceps system. There are two pairs of each forceps, one for the proximal end and one for the distal end, each labelled 1 to 5. We use straight-tip forceps for FDS tendons and curved-tip forceps for FDP tendons (Figure 1). Once all the tendons are determined and meticulously clamped to the forceps, then we start tendon repair from deep to superficial ones. We believe that this system reduces surgical time and gives the surgeon to recheck the tendons if necessary.



Figure 1: Straight-tip forceps for FDS tendons and curved-tip forceps for FDP tendons.

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