

RASL for Reduction of Scapho-Lunate Dissociation

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The Reduction Association of the Scaphoid and Lunate (RASL) screw placement is a well-known surgical procedure used when there is a dissociation of the scapholunate (SL) joint following an injury. It involves placing a screw between the scaphoid and lunate to reduce the bones and stabilize the joint. It is well-presented in literature that the RASL screw placement can alleviate wrist pain, improve and maintain wrist function, and has favorable patient reported outcomes.

A 35 year old male presented for evaluation of his right wrist following a fall the month prior. He had been previously diagnosed with an SL ligament tear and wanted a second opinion. Physical examination revealed severe pain over the SL interval and limited flexion and extension of the wrist. Radiographs revealed widening of the SL interval, but the scaphoid and lunate could be brought closer together with radial deviation. MRI confirmed a SL ligament tear. Surgical intervention was pursued due to the patient's age and activity level, as well as the relative acuteness of the injury.

A dorsal approach over Lister's tubercle was made proximally across the wrist, and then a second approach was made over the radial styloid. A reticular flap was raised and the gap between the scaphoid and lunate was identified. K-wires were used to reduce the scaphoid and lunate, and attention was turned to the radial styloidectomy. Once the guide wire had a clear path, a Herbert screw was placed, restoring the SL interval. Postoperatively, the patient was able to improve their range of motion.