

# SCAPHOLUNATE LIGAMENT (SLL) INJURIES

## Symptoms

- Pain to the central back of the wrist
- Difficulty with gripping, pushing with an extended wrist
- Swelling to the wrist

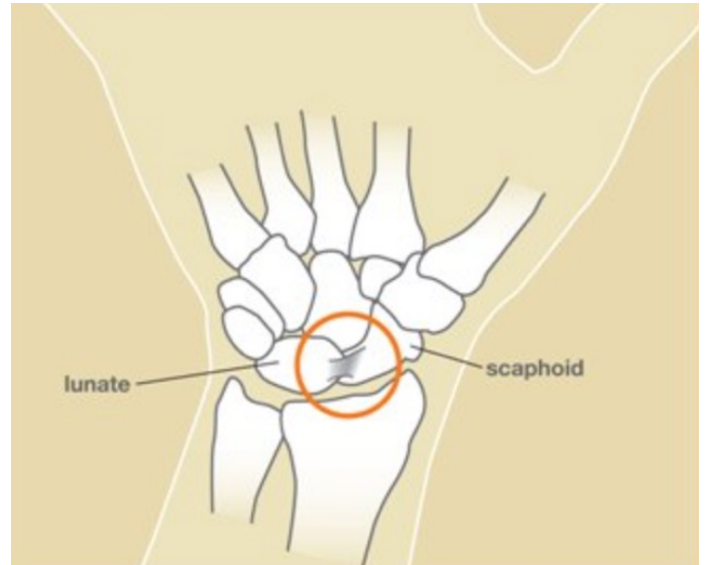
## Anatomy/Cause

The Scapholunate Ligament (SLL) is the most frequently injured ligament in the wrist. The SLL is one of the main stabilising ligaments of the wrist, and helps with stability with gripping and loading of the wrist. A SLL injury often co-exists with other wrist injuries such as a wrist fracture or TFCC injury, and can be caused from trauma such as a fall.

## Treatment

At Hand Works, we can assess your injury and determine the best treatment and therapy going forward. The goal of hand therapy is to allow the ligament to heal and regain strength to maintain wrist stability. Many SLL injuries heal conservatively, however if surgical input is required your hand therapist will be able to guide you appropriately. Your therapist may:

- Provide a custom-made wrist splint that will immobilise the wrist to allow the ligament to heal and reduce inflammation.
- Guide you through when/how to wear from your splint
- When appropriate, commence gentle strengthening exercises and stretches to increase wrist mobility, improve wrist stability and regain function.



## Referral

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Name: \_\_\_\_\_

D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Mobile: \_\_\_\_\_

Therapy Requested:

\_\_\_\_\_

\_\_\_\_\_

Medical Centre: \_\_\_\_\_

Provider Number: \_\_\_\_\_

## LOCATIONS

### MURDOCH

Suite 16, Level 1  
Wexford Medical Centre  
3 Barry Marshall Parade

### WEST PERTH

Level 1, 1 Havelock Street

### SOUTH PERTH

Suite 6, 77 South Terrace

### DUNCRAIG

3/64 Arnisdale Road

### MT LAWLEY

61 Walcott Street

### MANDURAH

271 Pinjarra Road

### ROCKINGHAM

24 Pedlar Circuit