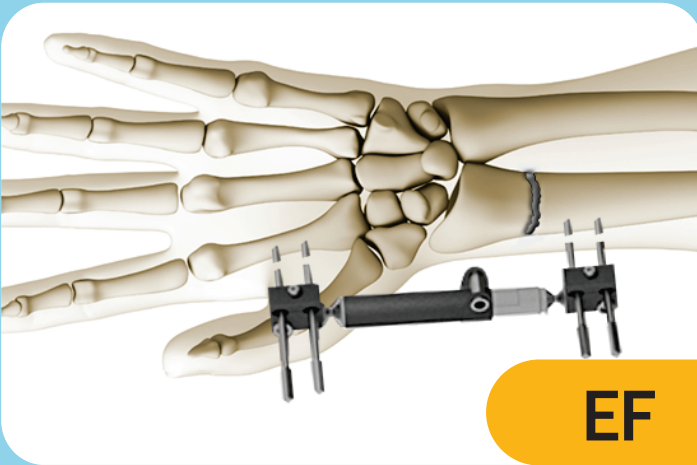


Volar Locking Plate Fixation Efficient for Short-term Recovery of Distal Radial Fractures

Recently, the use of volar locking plate fixation (VLP) has gained preference over external fixation (EF) to treat unstable extra-articular distal radial fractures

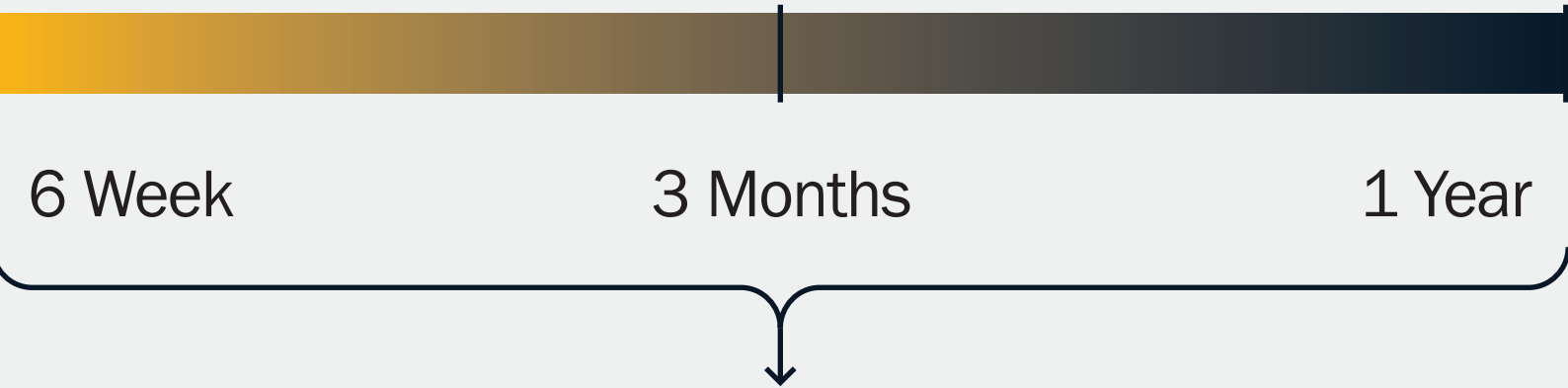


However, there is need of more evidence to establish the efficiency of VLP

Patients (18–70 years) with displaced extra-articular distal radial fracture, enrolled in a multi-center randomized controlled trial







Outcomes measured at...



Patient-Rated Wrist/Hand Evaluation (PRWHE) score

Disabilities of the Arm, Shoulder and Hand (QuickDASH) score

Pain score

Outcome		Treatment option		
		69 patients with VLP		73 patients with EF
		Timeframe		
		6 weeks	3 months	1 year
	PRWHE score (0-100; 100 - worst score)	Lower in VLP ↓	No significant difference between groups ↔	
	QuickDASH score (0-100; 100 - worst score)	Lower in VLP ↓		No significant difference between groups ↔
	Pain during activity	No significant difference between groups ↔	Lower in VLP ↓	
	Major complications	No significant difference between groups ↔		



Patients treated with VLP have earlier short-term recovery than those treated with EF, but no significant functional difference is seen a year after operation