

Session 6.4: Carpal instability

Objectives:

1. Outline the anatomy of the carpal bones and wrist ligaments.
2. Describe the different types of carpal instability: carpal instability dissociative (CID), carpal instability non-dissociative (CIND), carpal instability combined (CIC), and carpal instability adaptive (CIA).
3. Outline the common causes of the different types of carpal instability.
4. Discuss the treatment options available for the different types of carpal instability.

Primary Resources:

1. BFIRST/BSSH Global webinar - Carpal Injury: <https://www.youtube.com/watch?v=4-asreXg4EY>
2. American Association for Hand Surgery Webinar: Carpal Instability: <https://www.youtube.com/watch?v=FptL523MhpA>

Additional Resources:

1. OREF Webinar - Carpal Instability - Dr Sudhir Warriar

<https://www.youtube.com/watch?v=5rBikEyfBmY>

2. ASSH Hand.e: Carpal Instability: Classification and Biomechanics (09:31)

<https://www.assh.org/hande/s/watch?id=aBP0a000000MRpbGAG>



<https://s.surveyplanet.com/tivgosia>