



## **ANDERSON HAND THERAPY**

Mulgrave 9560 6655  
Wantima 92108176  
Windsor 95108999  
Mobile 0413 426474  
Fax (03) 9561 5317  
[info@andersonhandtherapy.com.au](mailto:info@andersonhandtherapy.com.au)  
[www.andersonhandtherapy.com.au](http://www.andersonhandtherapy.com.au)

### **THE DART THROWER'S MOTION; CAN SPLINTING ENCOURAGE EARLY MOBILISATION?**

**Hamish Anderson, Anderson Hand Therapy**

Several recent studies as well as opinions expressed at the recent International Hand Surgery and Therapy Congress in March of this year have indicated that early mobilisation of the wrist post surgery may be best in the dart thrower's plane, that is from wrist extension and radial deviation, to wrist flexion and ulnar deviation.(1,2) This theory is based upon carpal kinematic studies that suggest that this direction is unique in the radiocarpal joint stability it creates, with scaphoid and lunate motion approaching zero along the dart thrower's path.(1,2)

Whilst conclusions in these studies might recommend early mobilisation or new rehabilitation protocols based, there is little to be found that supports their results clinically. If the patient needs to be restricted to the dart throwers motion, then instruction alone is unlikely to be sufficient. This presentation will review the relevant carpal kinematics, discuss rehabilitation options, and introduce prototypes of splints specifically designed to limit motion in the above plane.

(1) Crisco, J. et al. In Vivo Radiocarpal Kinematics and the Dart Thrower's Motion. Journal of Bone and Joint Surgery, 87A(12), Dec 2005

(2) Werner, F. et al. Scaphoid and Lunate Motion During a Wrist Dart Throw Motion. Journal of Hand Surgery, 29A(3), May 2004