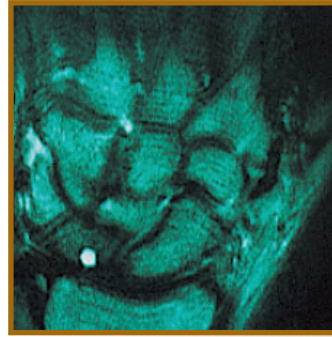


# Kienbock's Disease

Kienbock's disease is a name given to aseptic necrosis of the lunate bone in the wrist. Although there are many theories, the most likely explanation is that the blood supply to this small wrist bone may be tenuous from birth. It is further compromised by microfractures occurring in a weakened bone partly due to increased stress forces from a wrist with a relatively short ulna ("ulnar-minus variant").

The bone slowly begins to die and crumble causing pain and inflammation in the wrist. Typically, the person seeks treatment for a painful wrist. The hand surgeon must be very astute to make the diagnosis early. Often at first presentation the bone has already collapsed. There have been a multitude of surgical procedures that have come and gone over the years. What seems to be widely accepted falls out of favor with the passage of time as results do not meet expectations. Our approach is based on experience and the philosophy of minimal disruption of the wrist architecture and biomechanics. We have found allograft fascia lata interposition arthroplasty to be extremely useful in treating this disease, however often more than one procedure is required.



**MRI shows decreased blood flow to the diseased lunate bone**