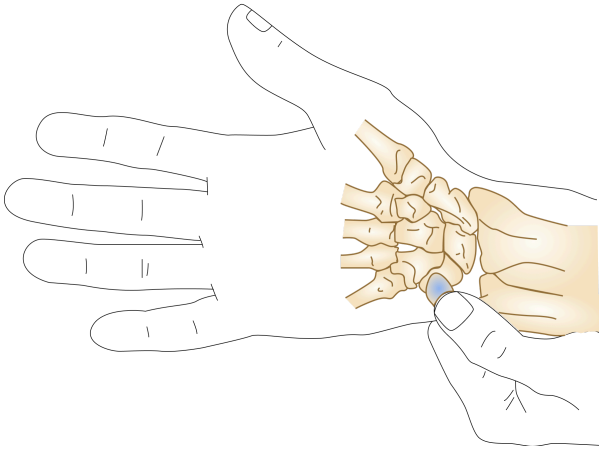
Pisiform Fracture Test

Patient information
Name: Ally Tan
Medical ID: 23-40-000
Medical professional: Jerry Johnson, MD
Date: March 8 2011
History
Describe the event which has caused the injury:
The patient fell onto an outstretched hand while playing basketball. The force of the fall was directed to the ulnar side of the wrist.
Describe the reason for clinical suspicion of pisiform fracture:
The patient reports persistent pain near the ulnar side of the wrist, particularly when gripping objects or moving the wrist. There is also noticeable tenderness and swelling in the pisiform region.
Physical examination
Describe any observable symptoms of pisiform injury, such as inflammation or swelling:
There is localized swelling over the ulnar side of the wrist, with visible mild inflammation and bruising. The patient also displays limited range of motion when flexing the wrist.
Instructions

1. Instruct the patient to sit comfortably on a chair with their elbow resting on a table or armrest.
2. Place your thumb over the pisiform bone, which is located on the ulnar side of the wrist, below the pinky finger.
3. Using gentle pressure, try to move the pisiform bone in a circular motion.
4. Ask the patient if they feel any pain or discomfort during this movement.
5. Next, ask the patient to bend their wrist towards their palm and then extend it back as far as they can.
6. While the patient is performing this motion, apply gentle pressure with your thumb on the pisiform bone.
7. Again, ask the patient if they feel any pain or discomfort during this movement.
8. Repeat steps 4-7 on the other wrist to compare and assess for any differences in Symptoms or pain levels.
9. Note any tenderness, swelling, or clicking that may be present during the test.

Anterior (palmar) view



Results

- (●) **Positive**
  If the patient reports pain or discomfort during manual palpitation of the pisiform bone, this is a **positive** result indicative of a possible fracture or injury. Although this is not sufficient to warrant a diagnosis, it suggests that further imaging tests are necessary.
- ( ) **Negative**
  If the patient does not report pain at the specific site of palpation (pisiform), this is a **negative** result and indicates a pisiform fracture has not occurred. However, further testing may also be needed to confirm results.
- ( ) **Inconclusive**
  In some cases, results may be **inconclusive**. For example, if the patient exhibits mild tenderness or reports vague discomfort that does not clearly localize to the pisiform, further testing is required to clarify the diagnosis.

Describe the test findings, including whether the patient reported pain or discomfort with or without movement, the location of pain, and the severity:

The patient experienced pain during palpation and circular movement of the pisiform bone. The pain was sharp and localized to the ulnar side of the wrist, with moderate severity (5/10 on a pain scale). Discomfort increased with wrist flexion.

Referrals and recommendations

Referral to radiology for X-ray imaging of the wrist.
Consider further evaluation via CT scan if X-ray findings are inconclusive.
Recommend wearing a wrist brace to limit movement and reduce further injury until imaging is complete.

Additional notes

Note: This test is not a standardized method for screening or diagnosing pisiform fractures. To accurately confirm or rule out a diagnosis, it is essential to utilize various imaging techniques, such as X-rays, computed tomography (CT) scans, or magnetic resonance imaging (MRI).

Musculoskeletalkey. (2025). *Anterior palmer view*. https://musculoskeletalkey.com/wp-content/uploads/2016/08/F50011Xf05-21-9780323086844.jpg