Dorsal Intercarpal Ligament avulsion
Arthroscopic repair

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No conflict of interest to disclose
Introduction

• **Dorsal intercarpal (DIC) ligament**
  • Extrinsic ligament
  • Runs from the dorsal aspect of the scaphoid to the dorsal tubercle of the triquetrum, giving on its way fibers to the lunate
  • Main role: stability of the proximal row of the carpus, especially regarding **scapholunate stability**
  • Can be injured with the whole « dorsal complex » (SLIOL, DCSS, capsule)

• **New entity: isolated tear (bony avulsion)**
Clinical case
Cases

- 3 cases (2 professional athletes)
  - 2 bony avulsions from the scaphoid
  - 1 bony avulsion from the triquetrum
  - Dorsal pain, decreased ROM and strength
  - X-ray: no evident sign
  - MRI: "floating DIC ligament" with dorsal edema

- Arthroscopic repair with anchor
  - Radiocarpal
  - Scope 6R, repair through 1-2

- 6-week splint
Results (2 patients)

- 1 year follow-up
- VAS 0
- Full ROM
- Sport resumed with same level
Discussion

• Different lesion than usual dorsal lesions (SL, DCSS, capsule)

• Isolated tear of the DIC with bony avulsion
  • Not previously described, can be misknown

• Diagnosis not easy, MRI ++
• Arthroscopy ++: bold scaphoid with detached DIC ligament
Discussion

• Repair quite simple:
  • WADCLR-like
  • With anchor

• Seems to give good short-term clinical results

• Larger series? But rare...
Merci