should be re instituted in the Eastern Region and similar programs should be started in other regions, and all centers which have the operative expertise must have upgrading of the newer instrumentation for scoliosis. An all out effort will shed more light on the natural history of scoliosis in Saudi Arabia, the correct prevalence of the country, and will prevent the progression of scoliosis.

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Closed reduction of colles’ fracture: A simple ‘shake-hands’ method

Sir,

Colles’ fracture is a fracture of the distal radius just above the wrist showing the characteristic dinner-fork deformity. The steps of reduction of this fracture are described clearly in the standard books. But often much force is used and considerable time spent to achieve a reasonable reduction. A simple, effective method and easy to apply, which the author has practiced for over 15 years, is described here. The procedure is specifically indicated in the simple, transverse fracture with minimal impaction, and is directed at the junior doctor who usually deals with it in the Accident and Emergency Room.

The patient is supine, a suitable anesthetic is administered and an image intensifier is used. The patient’s forearm, wrist and hand on the affected side are placed supine. The right hand of the operator is used for the patient’s fractured right wrist and similarly his left hand for the patient’s left wrist. The procedure is performed by the operator holding the patient’s hand firmly in the ‘shake-hands’ position while an assistant stabilizes the proximal forearm (Fig.1a see next page). Traction is applied in the line of the forearm to disimpact the fracture (Fig. 1a). Occasionally, extension at the fracture site is necessary to achieve this. Then the hand along with the distal fragment is pronated (Fig. 1b and c), flexed and deviated ulnarward (Fig 1d) in one smooth maneuver. The other hand of the operator may be used to support the lower forearm to maintain the flexion. With the reduction confirmed radiologically, a plaster cast is applied in this position in accordance with the three point fixation principles advocated by Charnley.

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Reference