

# Penanganan Fraktur Colles Tertutup dengan Reposisi Tertutup dan Imobilisasi dengan Gips Sirkular Setinggi Siku Posisi Supinasi, Dorsofleksi dan Ulnar Deviasi = Handling of Closed Colles Fractures with Closed Repositioning and Immobilization with Elbow-High Circular Casts Supination, Dorsoflexion and Ulnar Deviation

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## Abstrak

Definisi : Fraktur Colles adalah fraktur distal radius kurang lebih satu inci diproksimal permukaan sendi pergelangan tangan, disertai deviasi fragmen distal ke posterior. Biasanya terjadi pada wanita tua, dimana tulang telah mengalami osteoporosis, terkadang disertai dengan fraktur avulsi prosesus stiloideus ulna.

Kesimpulan : Jadi metoda reposisi modifikasi Bohler dengan fiksasi "circular cast" setinggi siku posisi supinasi lengan bawah dan dorsofleksi deviasi ulna pergelangan tangan lebih efektif dan efisien dibanding dengan metoda fiksasi "circular cast" diatas siku posisi fleksi siku pronasi lengan bawah dan fleksi serta deviasi ulnar pergelangan tangan ("cotton loader") yang selama ini digunakan.

.....Definition: Colles fracture is a distal fracture with a radius of approximately one inch proximal on the surface of the wrist joint, accompanied by a deviation of the distal fragment to posterior. It usually occurs in older women, where the bone has undergone osteoporosis, sometimes accompanied by an avulsion fracture of the stiloideus ulna process. Conclusion: So the Bohler modified repositioning method with "circular cast" fixation at elbow height of forearm supination position and wrist ulna deviation dorsoflexion is more effective and efficient than the "circular cast" fixation method above elbow, elbow flexion position, forearm pronation and flexion and ulnar deviation ("cotton loader") that has been used.