

Fractures of the distal radius are the most common fractures treated at our clinics . It accounts for around 16 % of all fractures. Most often we meet them in two age groups - children and especially in postmenopausal women. In this group the fractures are frequently associated with osteoporosis. The most common cause of fracture is a fall on the outstretched extremity. Together with fractures of the proximal humerus, proximal femur and vertebral fractures they are the most common gerontotraumatologic fractures. The frequency of fractures of the distal radius gradually increasing. The reason is the increasing average age of the population and their active way of life.

Our group consists of 5,359 patients treated for a fracture of the distal radius in 1998 and from 2001 to 2013 . During this time , the frequency of fractures increased by 19,7%. For women with distal radius fractures occur 3 times more frequently, the average age of treated was 59,1 years. About 80 % of distal radius fractures are treated conservatively. The surgical treatment of seniors decide not only the type and stability of the fracture, bone quality, but especially the overall condition of the patient and his claims to a final functional outcome. Long-term functional results after conservative treatment in the elderly are nearly the same as the results after open reduction and stabilization generally with the LCP plate. X-ray results, however, are vastly different. Up to 50 % of fractures in elderly patients treated conservatively healed in malposition. The most often surgical method of stabilization is the open reduction and fixation by the LCP plate. In 2012 we treated this way 95% of all operated patients, in the group of patients over 70 years it was 64,2 %. The best DASH score results of surgery in the elderly we take in LCP osteosynthesis, the worst in K- wires pinning.