

ULNAR SIDED WRIST PAIN Still a black box?

Isabel Dooms, MSc./CHT-B

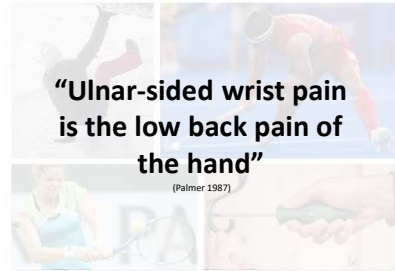
Congres Orthoca: Controversy
16/09/2023
Blue Point Antwerp



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“Ulnar-sided wrist pain
is the low back pain of
the hand”

(Palmer 1987)



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Complex made simple (A. Liach)

	INTRACAPSULAR	Articular problems of the DRUJ Ligament injuries Impaction syndromes Carpal instabilities Other carpal conditions
	EXTRACAPSULAR	Tendinopathies ECU/FCU Other joints & bones pathologies Nerve & vascular pathologies



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Sensorimotor control

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Basic Research

Immunohistochemical Mapping of Sensory Nerve Endings in the Human Triangular Fibrocartilage Complex

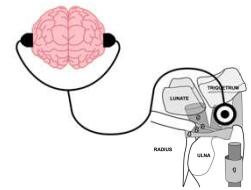
Stavros Riki MD, PhD, MSc, MSc, MSc, MSc, MSc, PhD, Alex Liach MD, PhD, MSc, MSc, PhD, MSc, MSc, MSc, PhD

Full length article

JHS(E)

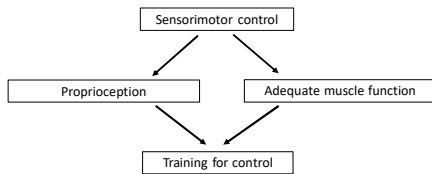
Historical assessment of the triangular fibrocartilage complex

M. Samirali, E. Hagerl, M. Garcia-Elias, A. Liach, and S. Riki



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Sensorimotor control



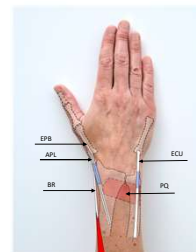
(Hagerl, E. 2016)



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Rehabilitation: TFCC injury/DRUJ instability

What? ECU – PQ II (Hagerl E. 2016; Epiphage M. 2016)
APL – EPB – BR (Epiphage M. 2016; Garcia-Elias 2022)



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What? ECU – PQ !! (Hagert E. 2010; Espiglas M. 2016)
APL – EPB – BR (Espiglas M. 2016; Garcia-Elias 2022)

Position? Midposition → Supination → Pronation (Hagert E. 2010)

How?

1. Proprioception (neutral wrist)



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How?

1. Proprioception (neutral wrist)
2. Isometric exercises



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How?

1. Proprioception (neutral wrist)
2. Isometric exercises
3. Strengthening ECU



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3. Strengthening ECU
4. Strengthening PQ



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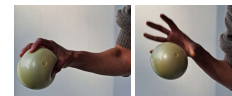
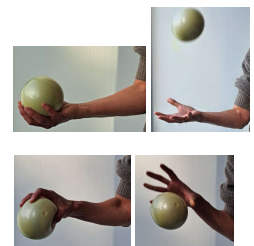
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2. Isometric exercises
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4. Strengthening PQ
5. Plyometric exercises



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2. Isometric exercises
3. Strengthening ECU
4. Strengthening PQ
5. Plyometric exercises
6. Sportspecific training



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How?

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2. Isometric exercises
3. Strengthening ECU
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Bracing/taping?

1. Wrist Widget (Ammos A. 2022)



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Rehabilitation: ECU tendinopathy

What? ECU - FCU (Garcia-Elias M. 2015)



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How?

1. Immobilisation (rest)



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How?

1. Immobilisation (rest)
2. Infiltration (NSAID; PRP?)



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How?

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2. Infiltration (NSAID; PRP?)
3. Education



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2. Infiltration (NSAID; PRP?)
3. Education
4. Isometric exercises



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How?

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2. Infiltration (NSAID; PRP?)
3. Education
4. Isometric exercises
5. Strengthening ECU
6. Plyometric exercises

Bracing/taping?

1. Ulnar gutter



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2. Infiltration (NSAID, PRP?)
3. Education
4. Isometric exercises
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Bracing/taping?

1. Ulnar gutter (Garcia-Elias, M. 2015)
2. Kinesiotaping (Graham, 2012)



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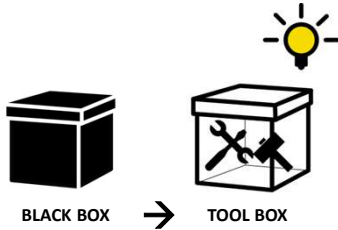
Conclusion

- Physical therapy is beneficial when it comes to ulnar-sided wrist pain.
- Proprioception training comes before strengthening.
- Individualize + specify the treatment.
- Be patient.



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Ulnar Sided Wrist Pain



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