Ulnar Sided Wrist Pain

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No Disclosures
Ulnar Sided Wrist Pain

Often equated with low back pain
Complex Anatomy with many overlapping areas

**DDX Categories:**
- Osseous
- Ligamentous
- Tendinous
- Vascular
- Neurologic
- Misc (tumors)

**Ulnar Sided Wrist Pain**
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**OSSEOUS**
* Fractures
* Nonunions

* Degenerative
  - pisotriquetral joint
  - midcarpal joint
  - 4th/5th CMC joint
  - DRUJ

* Ulnar impaction
Ulnar Sided Wrist Pain

LIGAMENTOUS

Intrinsic
Extrinsic
TFCC

TEDINOPATHY

ECU
FCU
Ulnar Sided Wrist Pain

NEUROLOGIC
Ulnar nerve
(Guyon’s canal)
(dorsal sensory)

VASCULAR
Ulnar artery
(thrombosis)
(hemangioma)
Ulnar Sided Wrist Pain

Etiology based on history and clinical exam

**Acute traumatic**
- notable injury
- hyperextension ulnar deviation

**Chronic overuse**
- repetitive loading
- mechanics, plumbers
- assembly workers, computer

**Chronic degenerative**
- may be old injuries
- ex: old fracture
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Exam

Inspection
Palpation
Ulnar nv bundle

Provocative tests

ECU
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TFCC

ULNAR IMPACTION
1. Central TFCC lesions

- Poorly vascularized- healing potential minimal
- Arthroscopic debridement up to 2/3 of articular disc
TFCC Peripheral Tears
3. Peripheral (ulnar) TFCC tears

- Repair to capsule
- Reattach to fovea
ECU tendon subluxation
Ulnar Impaction Syndrome
Ulnar Impaction Syndrome
Ulnar Shortening Osteotomy
Hook of Hamate Fracture

Figure 1: Hook of the hamate as it grips a golf club

Figure 1a: Small bones of the wrist

Figure 2: CT scan showing fracture of hook of hamate at its base
Wrist Widget
Ulnar Sided Wrist Pain

**Nonsurgical Options**

Rest, Activity modifications  
Casting, Bracing, Wrist widget  
Injection  
Therapy

**Surgical Options**

Fracture fixation  
Wrist Arthroscopy  
TFCC debridment / Repair  
Arthritis surgery
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Initial Workup and Treatment

Rest, Brace, Ice, NSAIDS, Avoid Sports

XRAYS, MRI, imaging

If cont pain or acute injury refer to hand specialist
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SUMMARY

Acute vs Chronic

Anatomic location on exam helps narrow diagnosis

Initial conservative approach