

# Ulnar Sided Wrist Pain: An Issue of Hand Clinics: The Clinics



## Ulnar-sided Wrist Pain, An Issue of Hand Clinics, E-Book (The Clinics: Orthopedics)

★★★★☆ 4.4 out of 5

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Ulnar sided wrist pain is a common problem that can affect people of all ages. It is typically caused by overuse or injury to the tendons and ligaments that support the ulnar side of the wrist. In some cases, ulnar sided wrist pain can also be a sign of an underlying medical condition, such as arthritis or carpal tunnel syndrome.

## Symptoms

The most common symptom of ulnar sided wrist pain is pain on the ulnar side of the wrist. This pain may be worse with activities that involve gripping or twisting the wrist. Other symptoms of ulnar sided wrist pain may include:

\* Swelling \* Tenderness \* Numbness \* Tingling \* Weakness

## **Causes**

The most common cause of ulnar sided wrist pain is overuse. This can occur due to activities such as:

\* Typing \* Writing \* Playing sports \* Using tools or machinery

Other causes of ulnar sided wrist pain may include:

\* Injury \* Arthritis \* Carpal tunnel syndrome \* Diabetes \* Gout

## **Diagnosis**

Your doctor will diagnose ulnar sided wrist pain based on your symptoms and a physical examination. Your doctor may also order imaging tests, such as an X-ray or MRI, to rule out other possible causes of your pain.

## **Treatment**

The treatment for ulnar sided wrist pain will depend on the underlying cause. If your pain is caused by overuse, your doctor may recommend rest, ice, and pain medication. Your doctor may also recommend physical therapy to help strengthen the muscles and tendons around your wrist.

If your pain is caused by an underlying medical condition, such as arthritis or carpal tunnel syndrome, your doctor will need to treat the underlying condition.

## **Prevention**

There are a few things you can do to help prevent ulnar sided wrist pain, including:

\* Use proper wrist posture when typing or writing. \* Take breaks throughout the day to stretch and rest your wrists. \* Avoid activities that cause pain. \* Use a wrist brace or splint to support your wrist. \* Strengthen the muscles and tendons around your wrist with exercises.

Ulnar sided wrist pain is a common problem that can be caused by a variety of factors. If you are experiencing ulnar sided wrist pain, it is important to see your doctor to rule out any underlying medical conditions. Treatment for ulnar sided wrist pain will depend on the underlying cause.



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