

# Dr Kwan Yeoh

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# Ulnar-sided wrist pain



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# Difficult diagnosis

# Difficult treatment plan

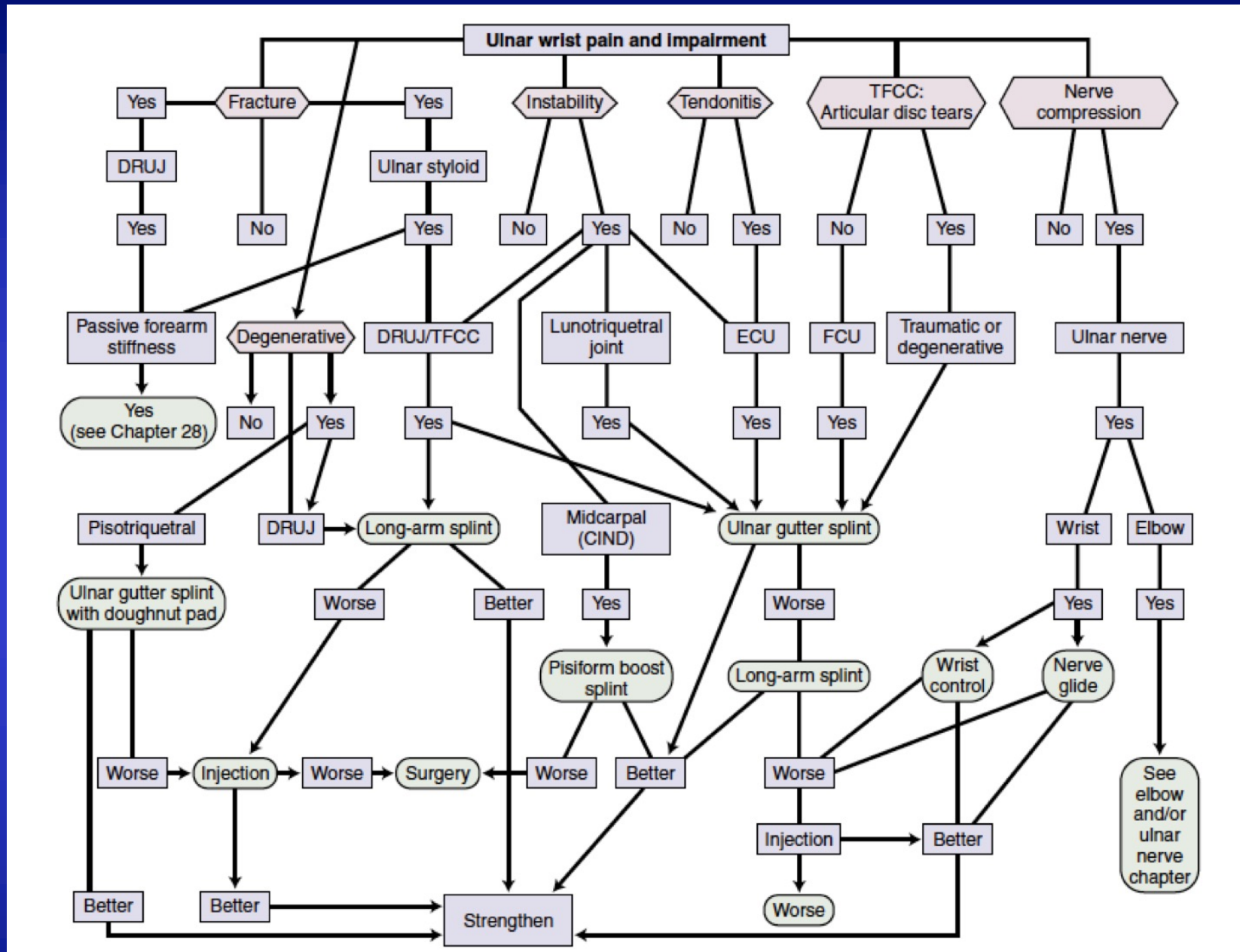
# So... simple flowchart...



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# History

# &

# Examination



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# Investigations

- Confirm a diagnosis
- Pick the right imaging modality
- X-ray – almost always
- Ultrasound – rarely
- CT vs MRI



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# The role of injections?

- Set expectations
- Diagnostic
- Therapeutic – sort of...



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# Is this like back pain?

- Treatment not straightforward
- Duration to improve
- May never be normal



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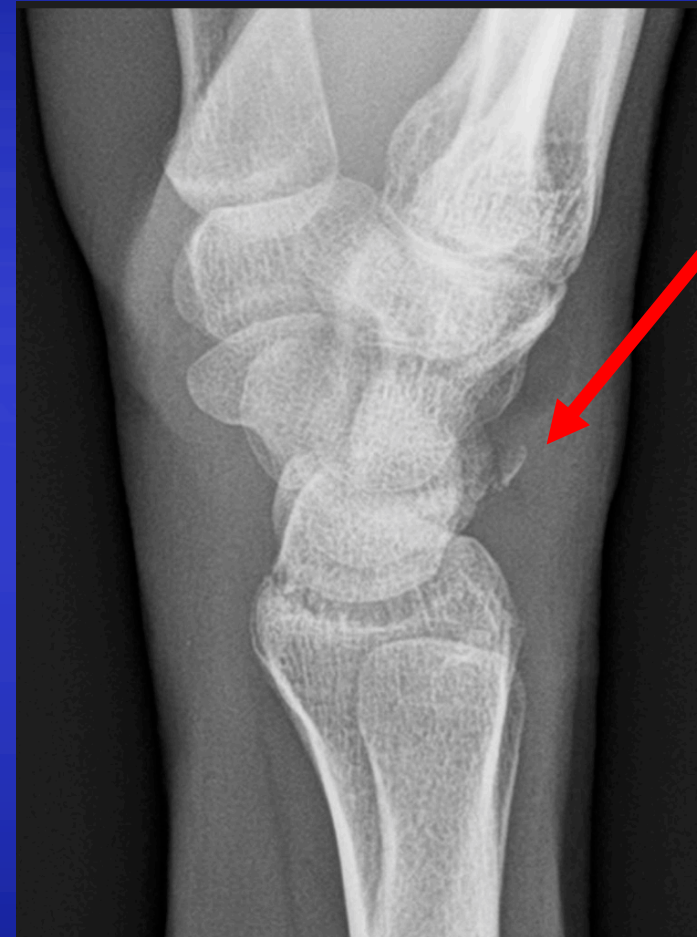
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# Acute injuries

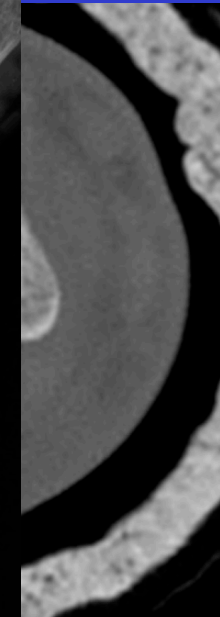
- Fractures:
  - Carpal bones – CT scan?



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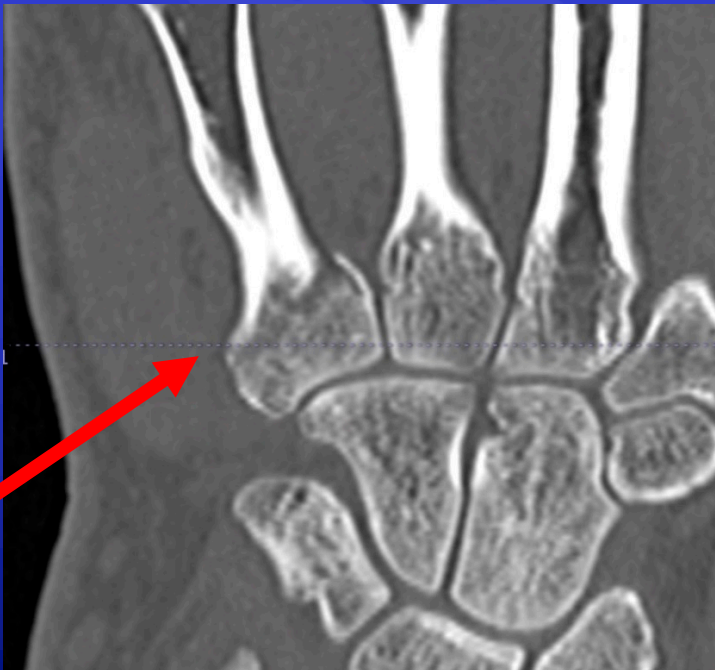


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# Acute injuries

- Fractures:
  - Carpal bones – CT scan?
  - Base 4<sup>th</sup>/5<sup>th</sup> metacarpals – C



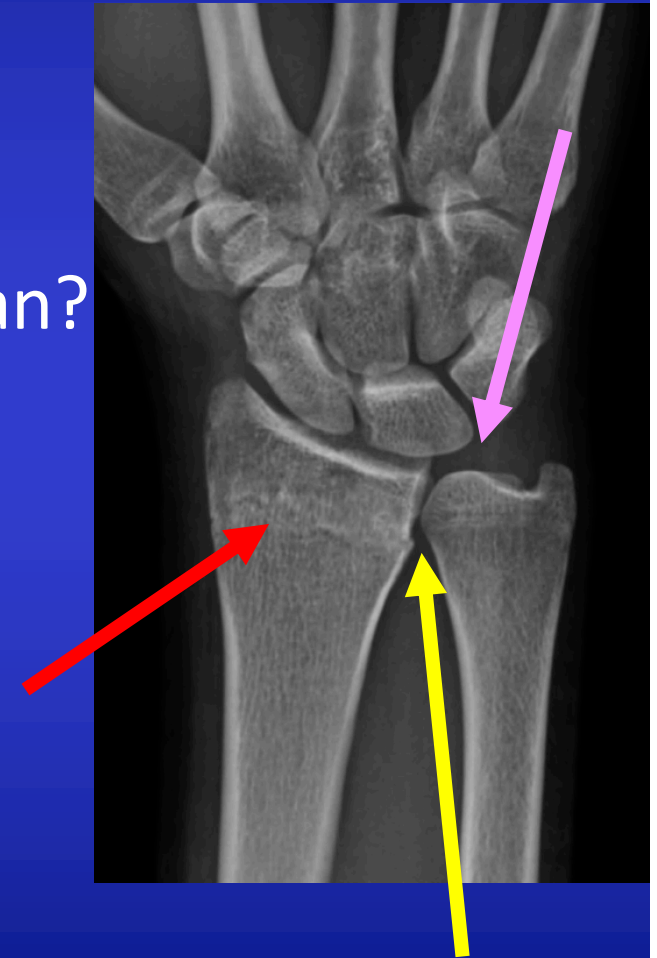
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# Acute injuries

- Fractures:
  - Carpal bones – CT scan?
  - Base 4<sup>th</sup>/5<sup>th</sup> metacarpals – CT scan?
  - Distal ulna
  - Distal radius
- Surgery for carpal fractures?
  - Associated with instability
  - Structural



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# Chronic injuries

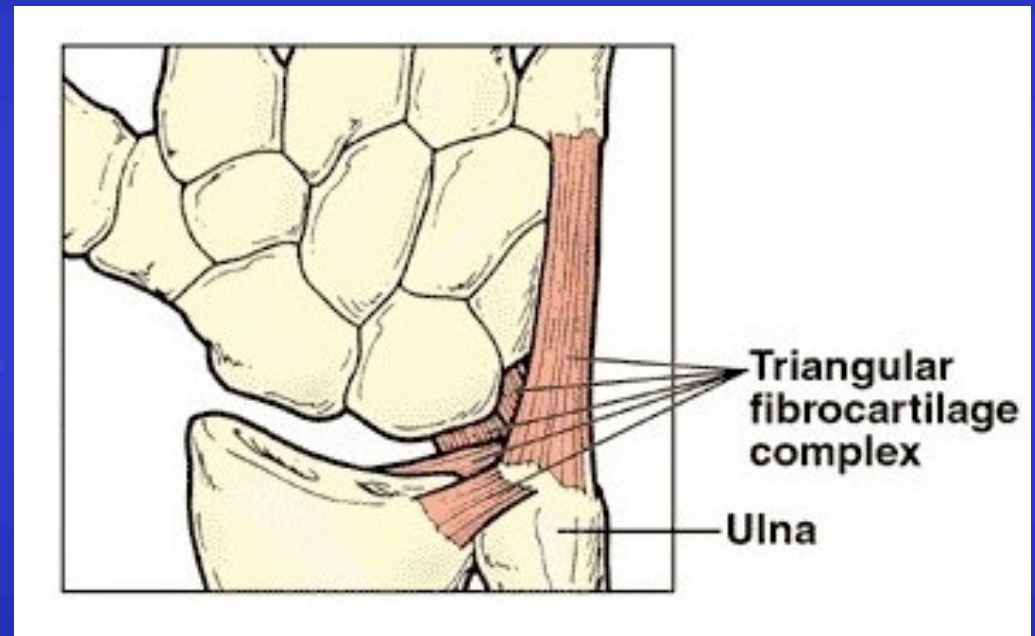
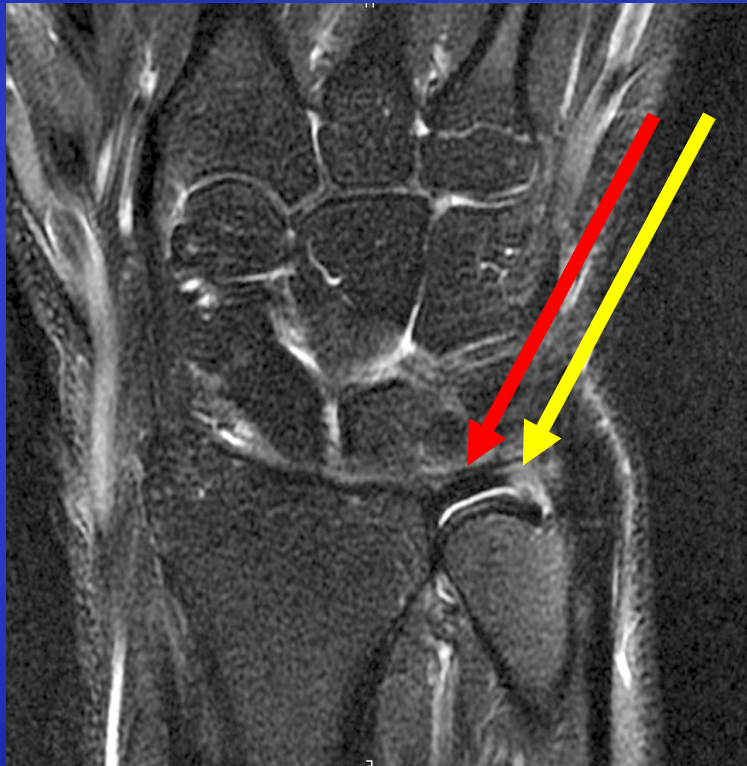


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# TFCC

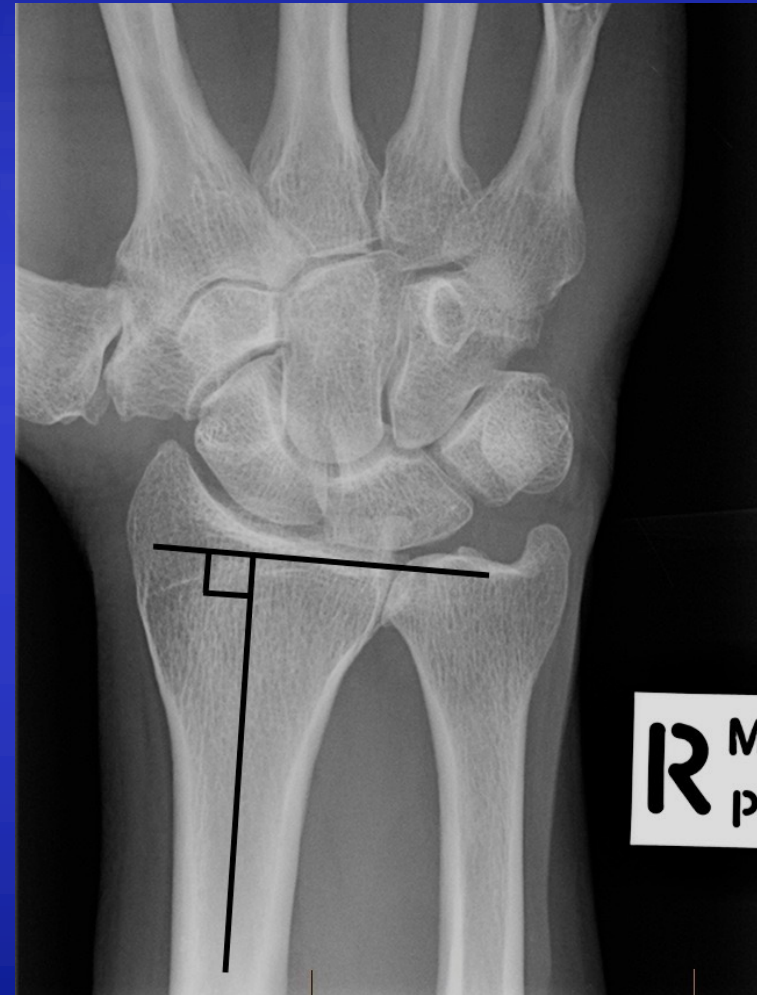


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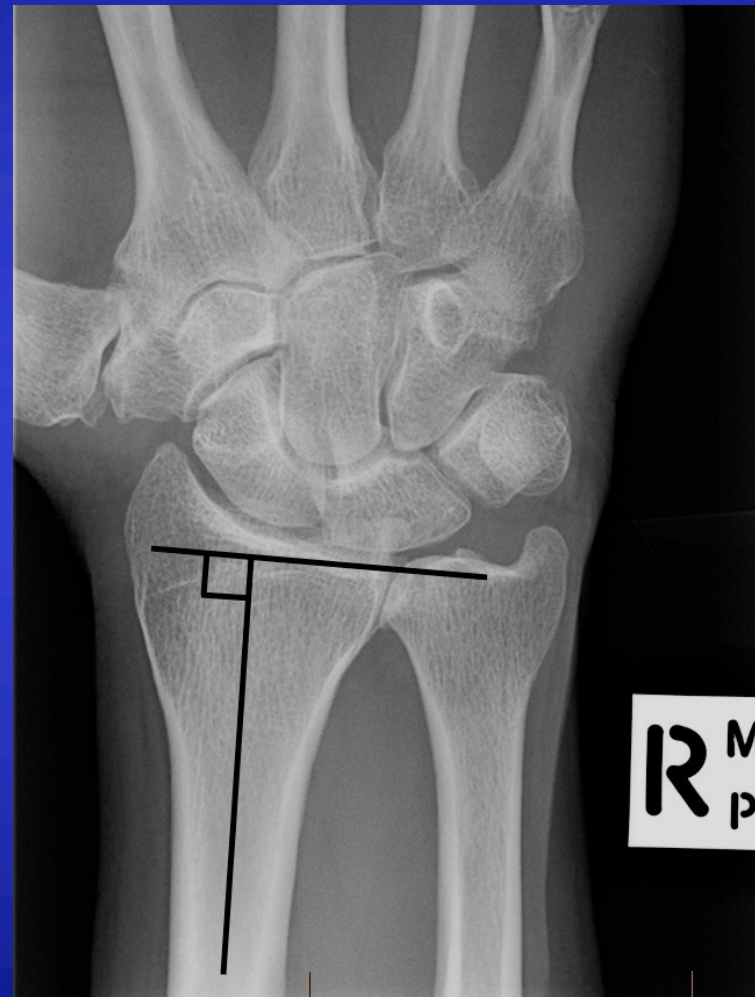
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# TFCC

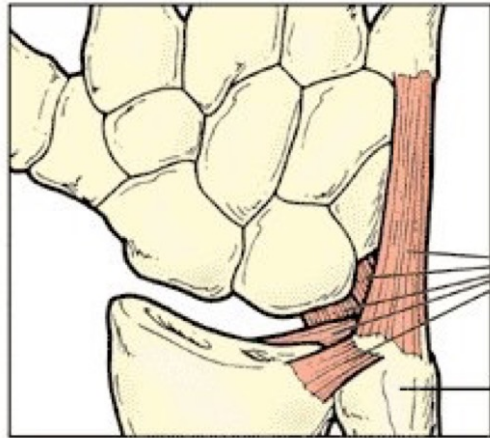


# Ulnocarpal abutment syndrome



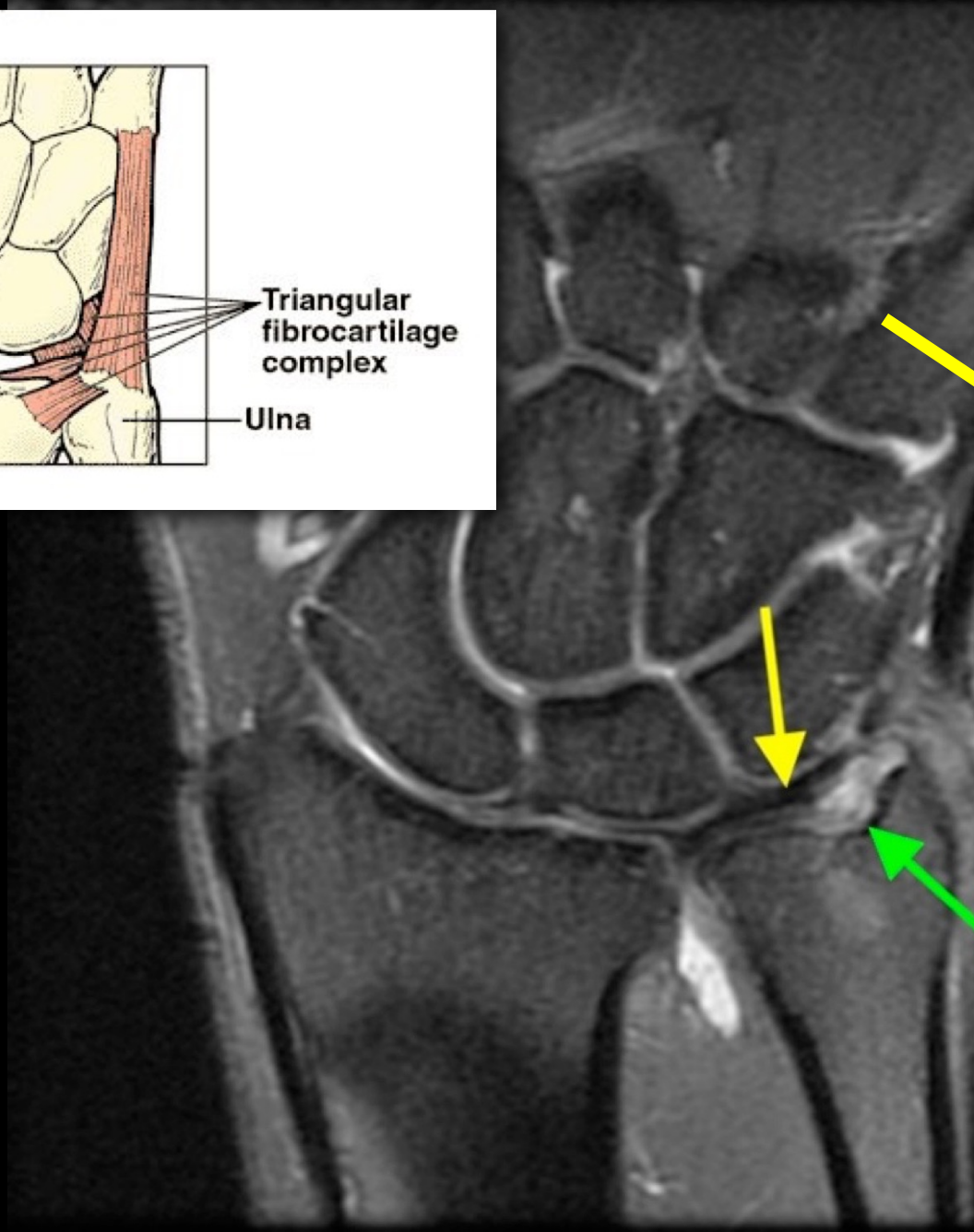
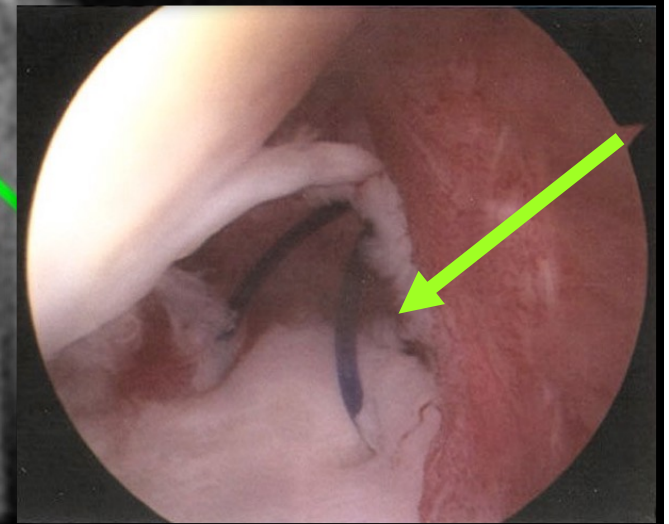
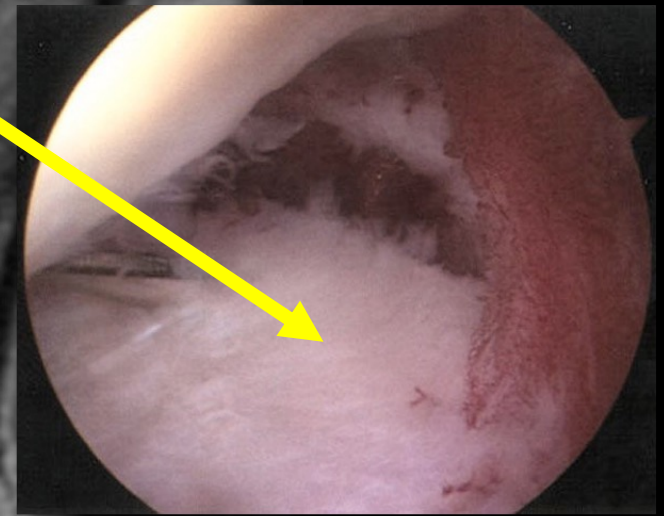


# TFCC repair

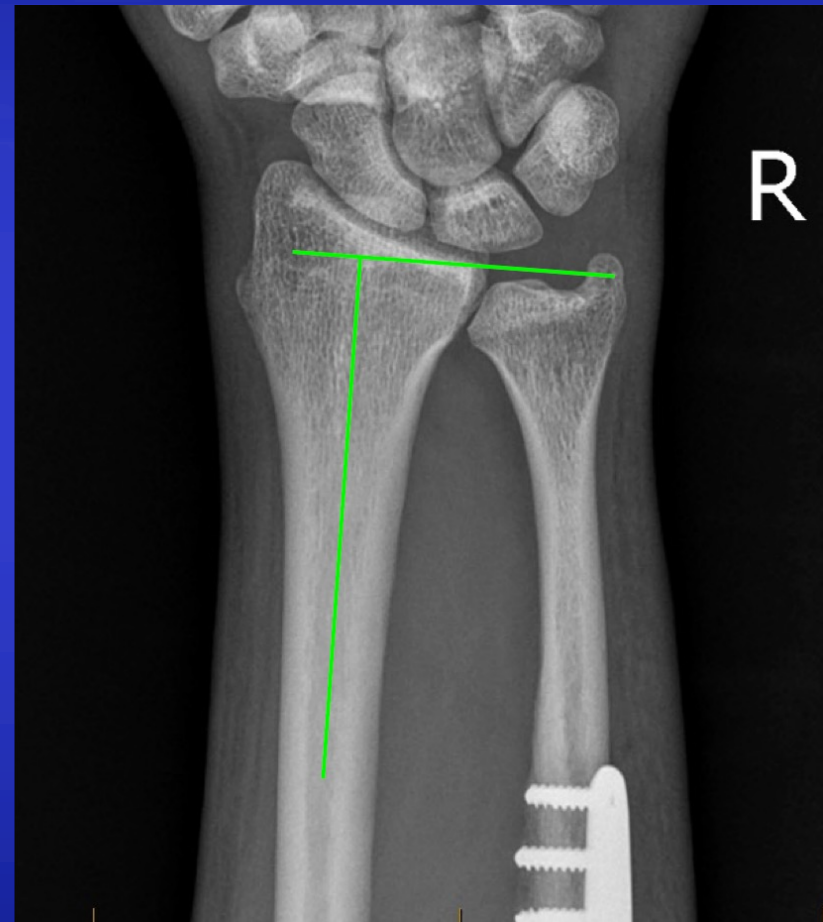


Triangular  
fibrocartilage  
complex

Ulna



# Ulnar shortening osteotomy

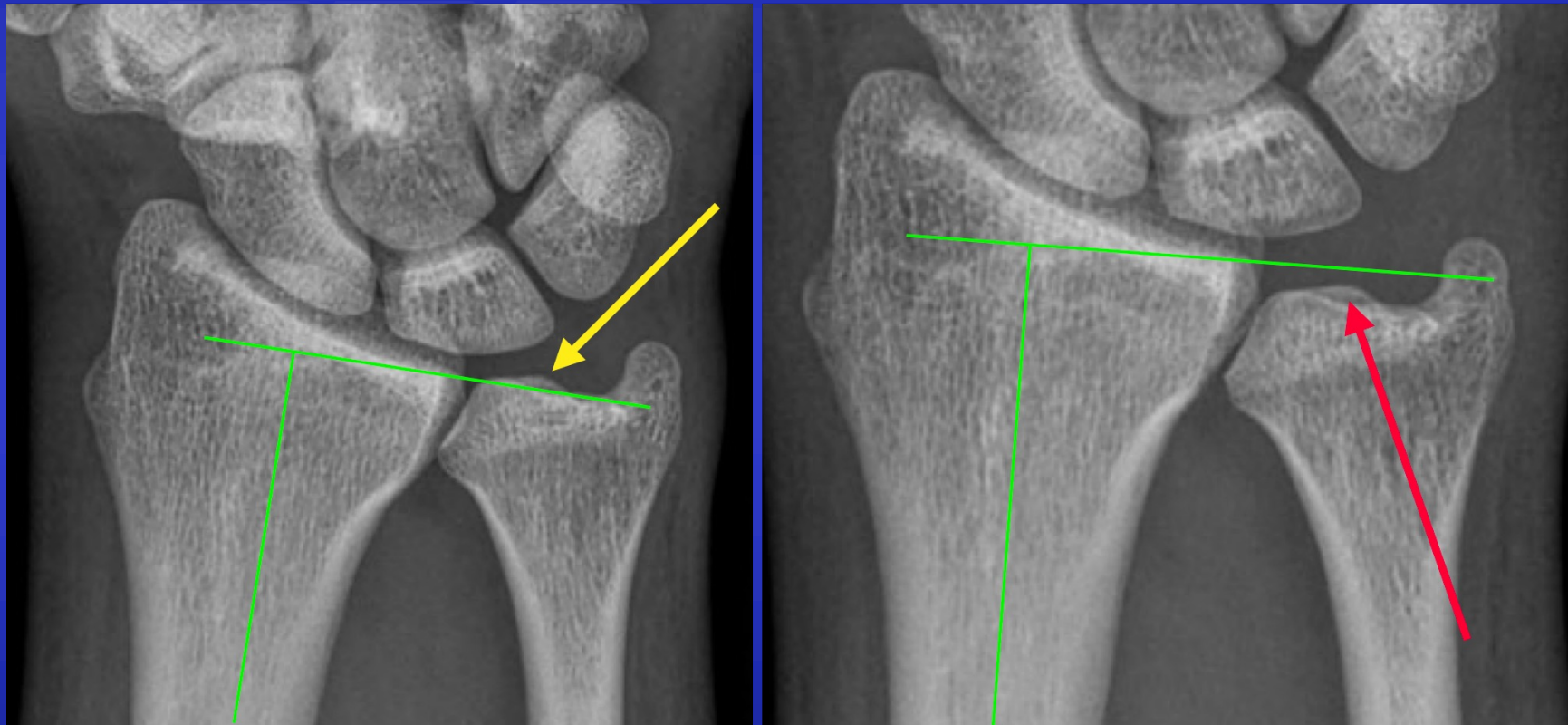


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# Ulnar shortening osteotomy



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# Arthritis

“There’s nothing you can do about it”

- DRUJ
- Pisotriquetral joint



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# DRUJ arthritis

- Avoid surgery as long as possible
  - Analgesic medications
  - Activity modification
  - Splint
  - Physiotherapy
  - Injection



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# DRUJ arthritis

- Hemiresection of ulnar head (Bower)
- Sauve-Kapandji procedure
- Resection of ulnar head (Darrach)
- Ulnar head replacement
- DRUJ replacement

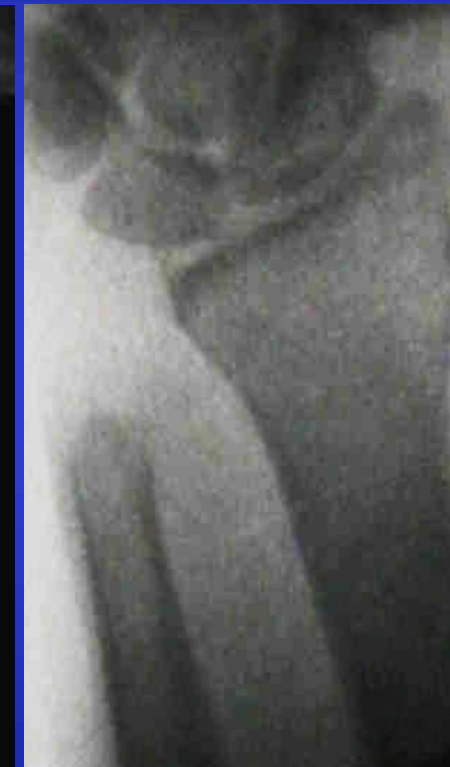


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# DRUJ arthritis



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Images: Nawjin et al, 2019; Lluch, 2013; Wheelless, 2023

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# DRUJ arthritis



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Images: Farias-Eisner et al, 2021

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# Pisotriquetral joint arthritis



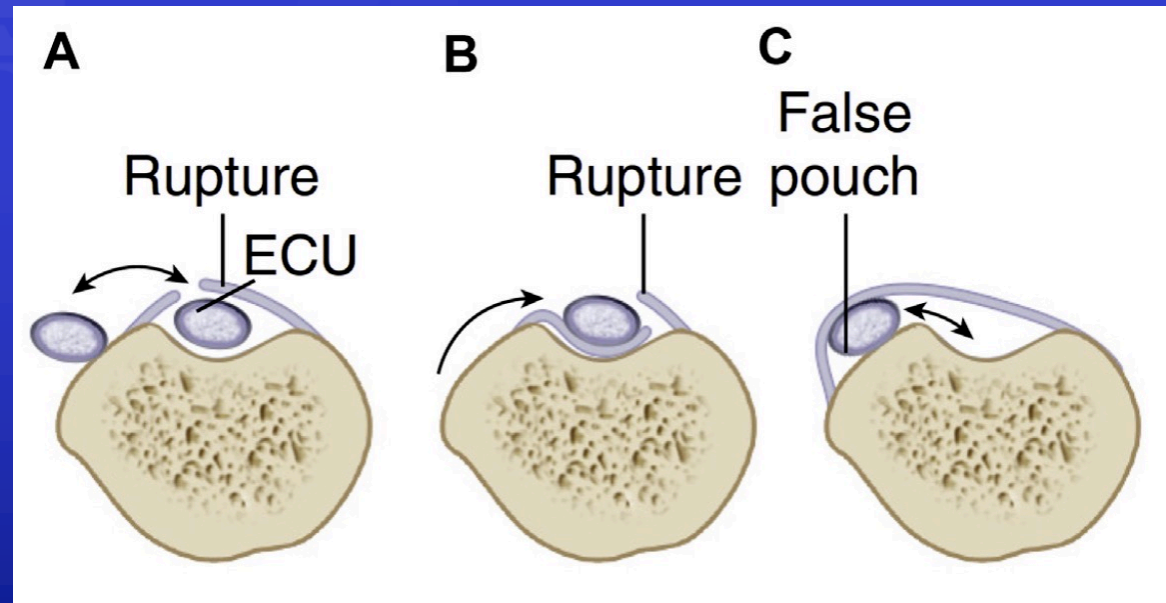
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# ECU Tendon

- Tendinopathy
- Instability
- Tear



# Other

- Vascular:
  - Ulnar artery thrombus
  - Central to peripheral embolus
- Neuroma
- Ulnar nerve compression (Guyon canal)



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## Take-home essential

Precise history & examination are  
key to diagnosis & treatment



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