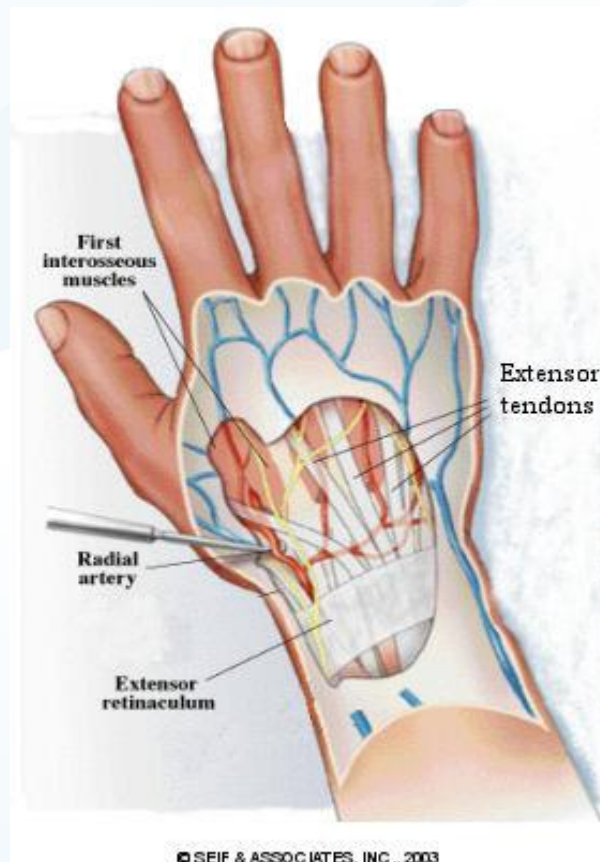


Extensor Carpi Ulnaris Tendonitis (ECU)

Tendonitis is the inflammation of a tendon, which is the soft tissue connecting the muscles to the bone. The ECU tendon is susceptible to tendonitis. It is responsible for rotating and straightening the wrist. It is important for you to be able to pull and grip. Tendonitis can include an inflammation of the tendon lining. The sheath will often secrete a fluid allowing the tendon to function normally, but if it becomes inflamed, that function is impaired. The condition can also include a tear in the ECU muscle or tendon. A Grade 1 strain causes pain, but the tendon doesn't become lengthened. In a Grade 2 strain, the tendon is lengthened from being partially strained. A Grade 2 strain still has function, but it might be significantly reduced.

Extensor Carpi Ulnaris Tendonitis Anatomy

This muscle is a skeletal muscle that is nestled on the ulnar side of the forearm. It works to adduct and extend at the wrist. As an extensor muscle, it is located on the posterior side of the forearm.



How to Treat Extensor Carpi Ulnaris Tendonitis:

1. Medication

If pain medication is required, anti-inflammatory medication and other minor relief agents are often used. Avoid taking any pain medication for seven days before surgery. Prescription pain relievers can be provided if deemed necessary. Only use what you need and adhere to all of the directions provided. Corticosteroid injections might be needed to help relieve the inflammation. Injections should only be used in serious cases, especially since they can only be used a certain amount of times.

2. Cold Therapy

Cold treatments help to reduce inflammation and relieve pain. Apply cold treatments as recommended by your RMP therapist. Use an ice massage or ice packs for best relief. Using ice is our preferred recommendation over using anti-inflammatory medication.

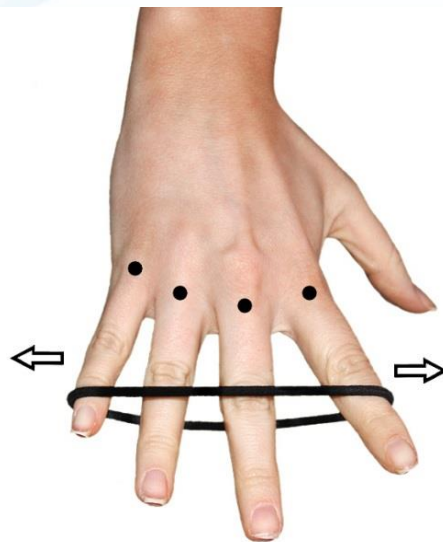
3. Exercises

Range of motion and strengthening exercises can all help to relieve some of the pain and inflammation in the joints and muscles. By strengthening the muscles and joints, you can help to prevent injuries from occurring in the first place. Muscles that are stronger tend to have less injuries than their weaker counterparts. From the wrist flexion to wrist extensors, performing the exercises regularly will go a long way in combating the pain and inflammation.

Flexible tissues are a lot more tolerant of all the stresses that are placed on them during activity. All of the stretches should be held for 20 to 30 seconds each. Gentle stretching sensations should be felt with the exercises. Your therapist will advise you on which exercises are best to perform.



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Tips:

- Risks are increased with sports involving repetitive movement of the wrist and hand, such as bowling and golfing.
- Sports that require gripping, such as golf, tennis and weightlifting, make you prone to injuries.
- Poor forearm and wrist flexibility and strength all leave you at risk for developing extensor carpi ulnaris tendonitis.
- Before beginning any activity, make sure and take the time to warm-up properly.
- Allow the body to recover before beginning any other activities.
- Stop any repetitive movements that might be aggravating the tendonitis.