

Ulnar Impaction Syndrome

Treatment Guidelines

What is ulnar impact syndrome?

Ulnar Impaction Syndrome (UIS), also known as ulnar abutment syndrome, is a condition that affects the wrist joint. It occurs when there is an imbalance between the ulna bone and the radius bone in the forearm, causing excessive pressure on the ulnar side of the wrist. This can lead to pain, swelling, stiffness, and decreased mobility in the affected wrist.

Treatment options

- **Rest and immobilization:** The first line of treatment for UIS is to rest the affected wrist and limit its movements. Immobilizing the wrist with a splint or brace can help reduce pressure on the joint and allow it to heal.
 - **Nonsteroidal anti-inflammatory drugs (NSAIDs):** Over-the-counter medication such as ibuprofen or naproxen can help relieve pain and inflammation associated with UIS.
 - **Physical therapy:** A physical therapist can work with you to improve the strength, flexibility, and range of motion in your wrist through specific exercises and stretches.
 - **Avoidance of aggravating activities:** Avoiding activities that involve repetitive and forceful movements of the wrist can help alleviate symptoms and prevent further damage to the joint.
 - **Corticosteroid injections:** In some cases, a corticosteroid injection may be recommended to reduce inflammation and pain in the affected wrist.
 - **Surgery:** Surgery may be necessary for more severe cases of UIS. The procedure involves removing any excess bone or tissue that is causing pressure on the ulnar side of the wrist.
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Prevention tips

Here are some tips to help prevent or reduce the risk of developing UIS:

- Avoid repetitive and forceful movements of the wrist, especially with the palm facing down.
 - Take frequent breaks when performing activities that involve prolonged use of the wrist.
 - Maintain good posture while working or using electronic devices to avoid putting excessive strain on the wrists.
 - Strengthen the wrist muscles through specific exercises recommended by a physical therapist.
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Reference

Shin, E. K. (2022). Impaction syndromes about the wrist. *Current Reviews in Musculoskeletal Medicine*, 16(1), 1–8. <https://doi.org/10.1007/s12178-022-09809-9>