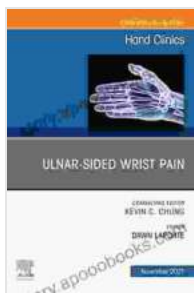


Ulnar-Sided Wrist Pain: A Guide to Diagnosis and Treatment

Ulnar-sided wrist pain is a common condition that can affect people of all ages. It is caused by a variety of factors, including:

* Overuse * Trauma * Arthritis * Carpal tunnel syndrome * Tendinitis



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

★★★★☆ 4.4 out of 5

Language : English
Paperback : 242 pages
Item Weight : 8.6 ounces
Dimensions : 5 x 0.55 x 8 inches
File size : 86419 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 240 pages
X-Ray for textbooks : Enabled



The pain is typically located on the inside of the wrist, and it may be accompanied by swelling, stiffness, and tenderness. In some cases, the pain may also radiate up the forearm or into the hand.

Diagnosis

The diagnosis of ulnar-sided wrist pain is based on a physical examination and a medical history. Your doctor will ask you about your symptoms, and

they will examine your wrist to look for any signs of swelling, stiffness, or tenderness. They may also Free Download an X-ray or MRI to rule out any other conditions that may be causing the pain.

Treatment

The treatment for ulnar-sided wrist pain depends on the underlying cause. In most cases, the pain can be relieved with conservative treatment, such as:

* Rest * Ice * Compression * Elevation * Medications * Physical therapy

In some cases, surgery may be necessary to correct the underlying cause of the pain.

Prevention

There are a number of things you can do to prevent ulnar-sided wrist pain, including:

* Warm up before exercising * Use proper technique when lifting weights * Avoid overuse * Take breaks during repetitive activities * Strengthen the muscles in your wrist and forearm * Wear a wrist brace or splint if you have a history of wrist pain

Outlook

The outlook for ulnar-sided wrist pain is generally good. With proper treatment, most people can find relief from their pain. In some cases, the pain may recur, but it can usually be managed with conservative treatment.

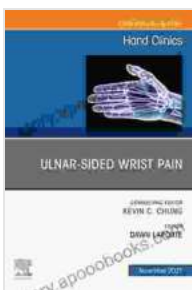
Book Review: Ulnar Sided Wrist Pain: An Issue of Hand Clinics

Ulnar Sided Wrist Pain: An Issue of Hand Clinics is a comprehensive guide to the diagnosis and treatment of ulnar-sided wrist pain. Written by a team of leading experts in the field, this book provides a thorough overview of the causes, symptoms, and treatment options for this condition.

The book is divided into three sections. The first section provides an overview of the anatomy of the wrist and the different types of ulnar-sided wrist pain. The second section discusses the diagnosis of ulnar-sided wrist pain, including the physical examination, imaging studies, and differential diagnosis. The third section covers the treatment of ulnar-sided wrist pain, including conservative treatment, surgical treatment, and rehabilitation.

Ulnar Sided Wrist Pain: An Issue of Hand Clinics is an essential resource for anyone who treats patients with wrist pain. It is well-written and well-organized, and it provides a comprehensive overview of the latest research on this condition.

Ulnar-sided wrist pain is a common condition that can be caused by a variety of factors. With proper treatment, most people can find relief from their pain. If you are experiencing ulnar-sided wrist pain, be sure to see your doctor to rule out any underlying conditions and to get the best treatment for your pain.

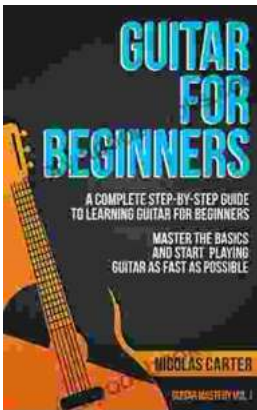


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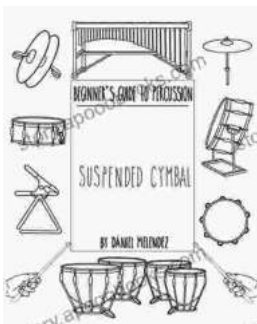
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