

# EXTENSOR CARPI ULNARIS (ECU) TENOSYNOVITIS

## Symptoms

- Pain and tenderness over the little finger side of the wrist with associated clicking of the tendon.
- Swelling around the wrist
- Pain with twisting, lifting, shaking hands etc.

## Anatomy/Cause

The Extensor Carpi Ulnaris (ECU) is a muscle that runs from the outside of the elbow along the little finger side of the forearm and becomes a tendon as it crosses into the hand. ECU Tenosynovitis is the inflammation of the sheath that covers this tendon. ECU Tenosynovitis is usually caused by repetitive or excessive strain on the wrist, commonly due to poor lifting technique, excessive use of a computer mouse, or activities requiring awkward wrist positions.

## Treatment

At Hand Works, we can assess your symptoms and determine the best treatment and therapy going forward. The goal of hand therapy is to reduce the pain and inflammation to allow the area to heal. Symptoms often improve within the first 6-8 weeks of therapy.

Your therapist may:

- Provide a custom-made wrist splint to prevent further aggravation and to allow the inflamed tendon to settle.
- Advise you on activity modifications and adaptive aids that may be beneficial to avoid re-aggravation of symptoms.
- When appropriate, commence gentle strengthening exercises and stretches to increase movement and strength to allow participation in daily activities.



## Referral

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Name: \_\_\_\_\_

D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient Mobile: \_\_\_\_\_

Therapy Requested:

\_\_\_\_\_

Medical Centre: \_\_\_\_\_

Provider Number: \_\_\_\_\_

## LOCATIONS

### MURDOCH

*Suite 16, Level 1  
Wexford Medical Centre  
3 Barry Marshall Parade*

### WEST PERTH

*Level 1, 1 Havelock Street*

### SOUTH PERTH

*Suite 6, 77 South Terrace*

### DUNCRAIG

*3/64 Arnisdale Road*

### MT LAWLEY

*61 Walcott Street*

### MANDURAH

*271 Pinjarra Road*

### ROCKINGHAM

*24 Pedlar Circuit*