NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Wrist Tendonitis (Intersection Syndrome)

Diagnosis Explanation:

Intersection syndrome is a type of **wrist tendonitis** caused by **inflammation where the tendons of the first and second dorsal compartments of the forearm cross**. It is common in individuals who perform **repetitive wrist extension, gripping, or twisting motions** (e.g., rowing, weightlifting, manual labor).

Symptoms:

- **Pain and swelling** on the back of the forearm, about 2-3 inches above the wrist.
- **Crepitus (grinding or squeaking sensation)** when moving the wrist.
- **Tenderness and redness** in the affected area.
- **Pain with wrist extension or gripping activities**.

Specific Work Modifications:

- **If your job involves typing or writing:** Use an **ergonomic keyboard, wrist support, and take frequent breaks**.
- **If your job requires manual labor:** Avoid **excessive wrist bending, repetitive gripping, and forceful pulling**.
- **If your job is desk-based:** Keep the wrist in a **neutral position**, adjust desk height, and avoid **resting the wrist on hard surfaces**.
- **Avoid:** Repetitive wrist movements, forceful gripping, and prolonged wrist extension.

Specific Activity Modifications:

- **If you play sports:** Avoid **rowing, weightlifting, racket sports, and activities requiring repetitive wrist extension (tennis, baseball, golf)**.
- **If you do yoga or Pilates:** Modify wrist-bearing poses (e.g., plank, downward dog) to reduce strain.
- **If you play an instrument, knit, or garden:** Use **larger-handled tools** and modify grip positions.
- **Avoid:** Excessive wrist extension, prolonged gripping, and forceful twisting movements.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for tendon repair.
- **Vitamin B6** - 50-100mg daily to support tendon and nerve health.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.

- **Turmeric (Curcumin)** - 500-1000mg daily for pain relief.
- **Magnesium** - 300-400mg daily to support muscle relaxation and tendon function.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support tendon healing.
- **Eat Anti-Inflammatory Foods** (berries, leafy greens, turmeric, nuts) to reduce swelling.
- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain joint lubrication.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support tendon recovery.

Home Exercise Prescription (Rehabilitation for Intersection Syndrome)

Early Phase (0-2 Weeks, Reducing Pain & Preventing Further Irritation):

- **RICE Protocol** - Rest, Ice (15-20 min, 3x/day), Compression, Elevation.
- **Wrist Splinting (if needed)** - Wear a **wrist brace** to reduce repetitive motion.
- **Gentle Wrist Stretching** - Extend arm, pull wrist back gently, **hold 20 seconds, 3x/day**.

Strengthening Phase (2-6 Weeks, Restoring Mobility & Function):

- **Wrist Flexion & Extension (Light Resistance Band)** - Hold a small weight, curl wrist up and down, **10 reps, 2x/day**.
- **Grip Strengthening (Soft Ball Squeeze)** - Squeeze a soft ball **5 seconds, repeat 10 reps, 2x/day**.
- **Forearm Pronation/Supination (Light Resistance Band)** - Rotate forearm palm-up and palm-down, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Preventing Recurrence & Strengthening the Wrist):

- **Wrist Ulnar Deviation (Light Resistance Band)** - Move wrist side to side against resistance, **10 reps, 2x/day**.
- **Wrist Circles** - Slowly rotate wrists in both directions, **10 reps, 2x/day**.
- **Thumb Opposition Drill** - Touch thumb to each fingertip, **10 reps, 2x/day**.

Helpful Books:

1. *The Healthy Wrist Handbook: Exercises & Treatments for Wrist Pain & Injury* - Dr. Ross Clifford.
2. *Overcoming Wrist & Hand Pain: A Self-Help Guide* - Susan J. Barnhart, PT.

Contact Key West Concierge Orthopedics to reach out to Dr. Jason Pirozzolo or schedule a Concierge Care without the Concierge Fee™ appointment. Check out Nonsurgicalorthopedics.com and TopOrthoDocs.com to continue your research.