

Recurrent Dislocation of the Extensor Carpi Ulnaris in Athletes - Case report

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Introduction

Post-traumatic recurrent dislocation of the extensor carpi ulnaris tendon may occur in athletes.

Material and Methods

34-year-old baseball player (recreational level) presented with a 3-month history of pain in his right wrist associated with snap during rotation of the forearm. The painful snap was located on the dorsal aspect of the wrist. His symptoms recently had become disabling, interfering in his ADL. Examination revealed dislocation of the ECU tendon. Reconstructive surgery was recommended to the patient. The patient was taken to the operating room for exploration of the sixth extensor compartment. The unstable ECU tendon was slightly frayed. Reconstruction of the roof of the fibro-osseous tunnel within the six compartment was done using a PL tendon graft.

Result

Three months after surgery the patient went back to his daily work without instability of the tendon or pain.

Conclusion

Post-traumatic recurrent dislocation of the ECU tendon, which was first described by Schlesinger, is an uncommon injury after trauma.

Surgical treatment has focused on sufficient reconstruction of the six compartment. Burkhart et al. repaired the fibro-osseous tunnel itself. Schlesinger and Markees utilized a periosteal flap. Spinner and Kaplan wrapped the extensor retinaculum flap around the ECU tendon.

On the other hand, postoperative recurrent dislocation has been reported by Ohno et al. Sakai et al. reported free PL tendon graft, which passed through the sulcus of the ECU tendon. In our case, the extensor retinaculum was very thin and weak, so we recommended a surgical procedure for reconstruction with tendinous restraint.

Key word: Recurrent dislocation, Extensor carpi ulnaris, Athletes