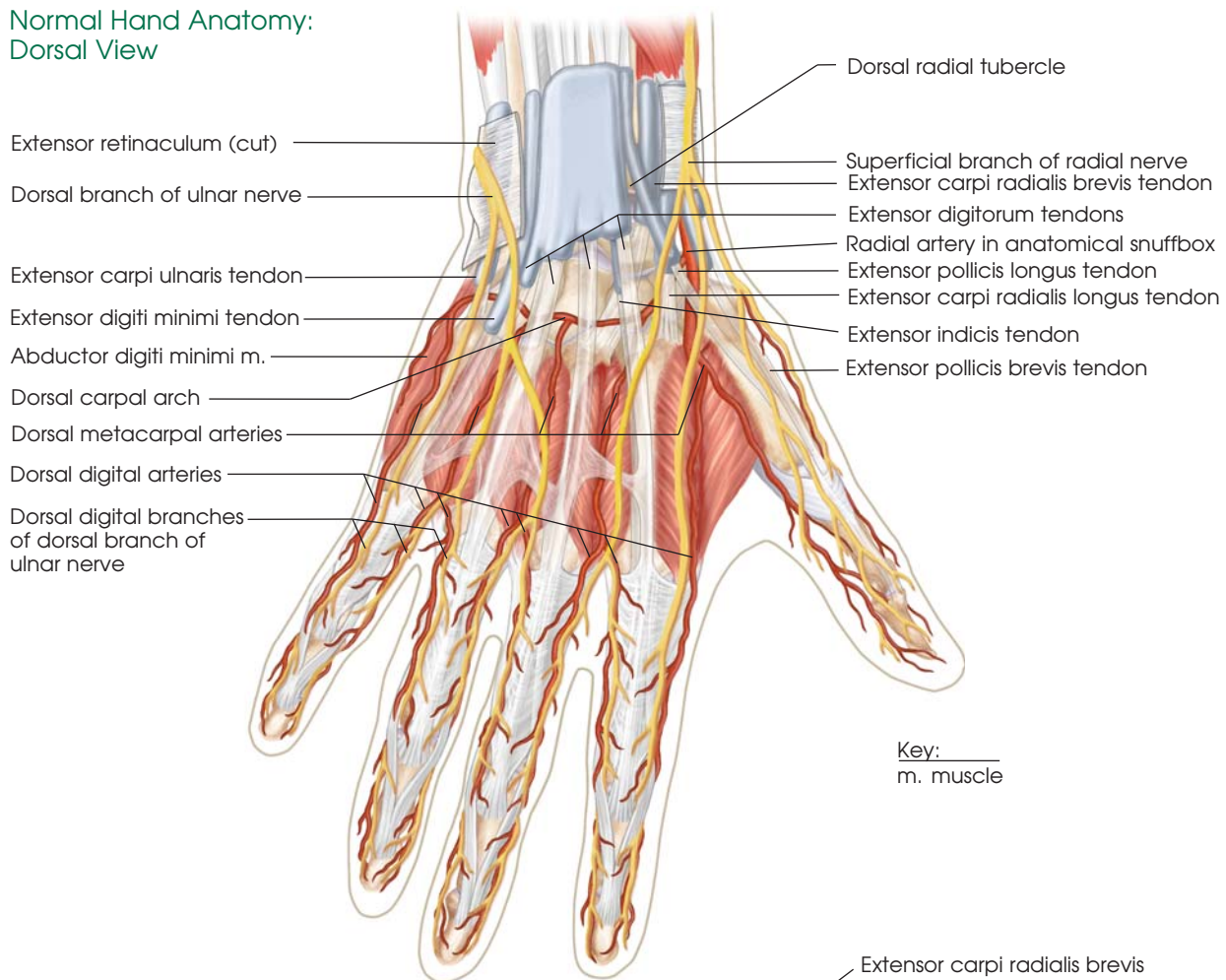


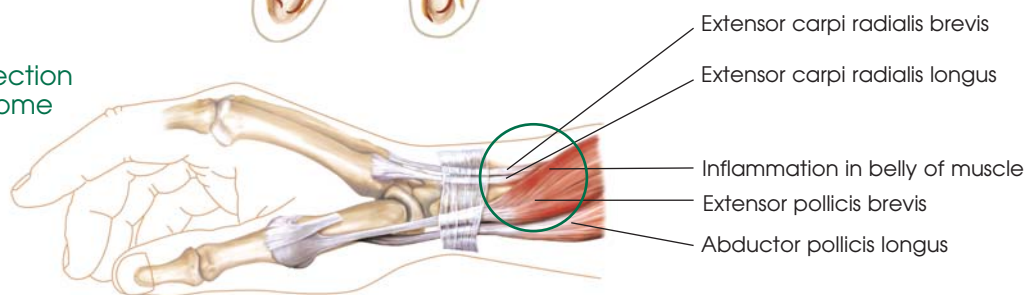
# Intersection Syndrome

## Normal Hand Anatomy: Dorsal View



Key:  
m. muscle

## Intersection Syndrome



**Intersection Syndrome** is a painful condition felt on the top of the forearm about 3 inches from the wrist where two muscles that control the thumb intersect with two extensor wrist tendons. The condition is caused by repeated wrist actions and can affect people who do activities such as canoeing, racquet sports, weight lifting, skiing, heavy raking or shoveling. Symptoms include pain which can spread down to the thumb and up the forearm, swelling and there may be a squeaking sound as tendons move within the sheath.

## Common Treatment Options

- Avoid doing the activities that are causing the symptoms.
- Immobilize the thumb and wrist with a splint to protect against movements that may worsen the symptoms.
- Apply ice packs to the wrist for 20-30 minutes every 3-4 hours for the first 2-3 days.
- Take anti-inflammatory medications such as ibuprofen or naproxen as prescribed by your doctor.
- Steroid injections may be recommended by your physician.
- Rehabilitation exercises as directed by your physician.

