Ulnar Shortening: A Simple Method to Help Young Hand Surgeon in Treating Ulnar Wrist Pain

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Ulnar-sided wrist pain is a common encountered problem in clinical practice. Many causes can contribute to the symptoms, including ulnar impaction, disruption of the distal radioulnar joint, tear of the triangular fibrocartilage complex, tear of the lunotriquetral ligament, and other issues. Many surgical treatments have been proposed for solving these causes. Although the arthroscopic surgery, as a minimal invasive surgery, has become more popular, the ulnar shortening procedure is still widely used nowadays. This presentation is going to illustrate the broad benefits of ulnar-shortening in solving many causes of ulnar-sided wrist pain and propose an easy way to perform it.