

[CASE REPORT]

Forearm Pain, Diagnosed as Intersection Syndrome,
Managed by Taping: A Case Series

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STUDY DESIGN: Case series. **BACKGROUND:** Intersection syndrome is an overuse injury of the forearm. Taping has been described for the management of soft tissue injuries, yet there has been no report for the management of intersection syndrome using this method. The purpose of this case series was therefore to describe the efficacy of taping for the management of intersection syndrome. **CASE DESCRIPTION:** Five patients with intersection syndrome were managed by taping in an effort to reduce crepitus induced by thumb movements. Non-stretch sports tape was applied with an ulnarly directed tension-force across the dorsal aspect of the forearm. Taping was performed daily for 3 weeks. Follow-up took place at 1 week, 2 weeks, 3 weeks, 4 weeks, and 1 year from the initial consultation. **OUTCOMES:** All patients demonstrated complete elimination of crepitus with the application of tape. Crepitus induced by wrist movements, tenderness over the dorsal forearm, and swelling were no longer present at 3-week follow-up. Disability identified by the disability/symptom subscale of the Disabilities of the Arm, Shoulder and Hand questionnaire decreased at 3-week follow-up and this reduction was maintained at 4-week and 1-year follow-up. **DISCUSSION:** Taping improved symptoms in this small case series. One possible explanation for this improvement may be the alteration of soft tissue alignment. **LEVEL OF EVIDENCE:** Therapy, Level 4.

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KEY WORDS: forearm, orthotic tape, overuse syndrome

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