Chronic painful post-injection flexor carpi radialis ruptures treated by complete tendon excision

**Objective**
To determine the efficacy of complete tendon and pseudotendon excision for this rare clinical presentation

**Methods**
Four patients
- Males 56 – 59 years of age
- Right dominant FCR complete rupture
- 6 – 12 months after
- 1 – 2 corticosteroid injections

**Examination findings**
- Palpable tender mass retracted 6 cm proximal to wrist crease
- Palpable cord of pseudotendon formed in sheath
- Painful tethering in grip and extension by pseudotendon
- Pre-operative mean DASH = 35 (23 – 47)

**Treatment**
- Complete excision of pseudotendon and ruptured FCR tendon stump back to muscle

**Results**
Complete relief of original symptoms
- Post-operative mean DASH = 3

**Conclusion**
Surgical excision of both the pseudotendon and ruptured tendon stump eliminated the painful tethering and resulted in complete symptomatic relief

**References**
