

First Aid Guide

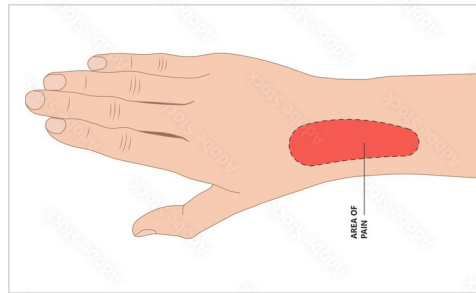
Intersection Syndrome

What is it?

Intersection Syndrome is a type of tendonitis that involves inflammation of two thumb tendons and the sheaths surrounding them as they cross over each other in the back of the forearm.

How to recognise it:

- Lump/swelling in forearm
- Pain when bending wrist
- “Squeaking” or grating sensation in swollen area



First aid:

1. Apply ice to the area.
2. Move the worker to alternate duties.
3. Instruct worker to avoid repetitive wrist and thumb bending actions. They are able to use their hand if they can maintain a neutral wrist position, otherwise they may require duties that only need one hand to be performed.
4. Reassure worker that this is a common injury that can resolve quickly if they avoid aggravating movements.
5. Over-the-counter anti-inflammatory medication can be used to alleviate pain.
6. Perform strapping as shown below.



If you require assistance, reach out to your Workplace Health Provider.