

# FULL CIRCLE HAND THERAPY

YOU'RE IN GOOD HANDS



## TFCC INJURIES

The wrist joint is made up of the two long bones of the forearm (the radius and ulna) and eight small wrist (carpal) bones. A supportive structure called the triangular fibrocartilage complex (TFCC) connects the ulna to the carpal bones, making the joint stronger and more stable. A TFCC injury is any injury to the disk, ligaments or tendon that make up the triangular fibrocartilage complex.

## CAUSES

Typically, a TFCC injury is caused by either falling down on the palm of the hand or during activities that combine firm gripping and forearm rotation, such as using a screwdriver. A TFCC injury may also come on gradually because of changes in the wrist joint, like those that occur with arthritis or after a bone fracture.

## SYMPTOMS

The symptoms of a TFCC injury include pain on the pinky side of the wrist that can worsen with gripping, moving the wrist in the direction of the pinky (such as when reaching to strike keys when typing) and forearm rotation (such as turning a doorknob). Loss of wrist motion, weakness of grip, swelling and wrist clicking may also occur with a TFCC injury.

## TREATMENT

If a TFCC injury is suspected, your doctor may refer you for a MRI to confirm the diagnosis and severity of the injury. Some cases of TFCC injury require protection and therapy until healing occurs, while others may require surgery.



## HOW CAN WE HELP?

We will work directly with your doctor to assist in treating a TFCC injury. A custom orthosis may be made to support the wrist and protect the TFCC, along with specific exercise protocols to encourage healing. Education on reducing pain, decreasing swelling and improving motion, strength and function of the wrist will also be provided to achieve a long term, pain free result.