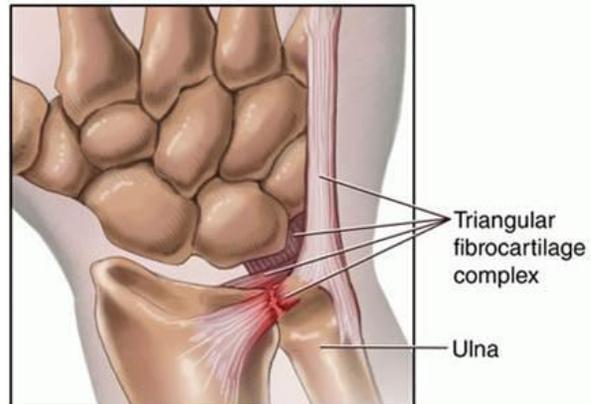


## Triangular Fibrocartilage Complex Injuries

Patients with possible **triangular fibrocartilage complex (TFCC)** injuries typically report pain or discomfort at the **ulnar** (pinky) side of the affected wrist. Initial treatment for TFCC injuries could include rest to reduce rotating movements of the wrist or movements engaging the ulnar aspect of the wrist. Patients also report swelling of the wrist, loss of grip strength of the affected hand(s), and/or **crepitus** (clicking sounds) with movement of the wrist.

Possible diagnoses for these symptoms include TFCC tears, **extensor carpi ulnaris (ECU) tendon** abnormalities, possible ulnar nerve issues, a mass in the ulnar aspect of the wrist, and other bony complications.



---

### Nonsurgical Treatment

Typically this is treated conservatively with 4-6 weeks of anti-inflammatories, splints, hand therapy, with or without steroid injections, and activity modification. For those who continued to have significant pain even after conservative treatment or show x-ray findings consistent with cartilage damage, an MRI is typically performed. Based on the findings of the MRI, conservative treatment may still be indicated or possibly surgical arthroscopy or even procedures such as an ulnar shortening for impaction.

---

### Surgical Treatment

For those who failed conservative treatment options, **arthroscopy** of the wrist is indicated as a way to evaluate the ligaments more closely and directly and treat them as indicated based on the amount of tearing in the region of the wrist. There is usually a recovery depending on the nature of the ligament tear anywhere from 6-12 weeks. It is typically done with regional anesthesia typically called a “**block**”. This is an outpatient procedure with IV sedation and typically a postoperative splint for 2 weeks until the sutures can be removed. Therapy is also indicated during the recovery process which can be anywhere from 6-12 weeks and beyond. 85% of patients are typically made much better in terms of pain relief and function post arthroscopy.

