

ULNAR-SIDED WRIST PAIN (TFCC)

Symptoms

- Pain and swelling at the little finger side of the wrist
- Pain with gripping and twisting
- Decreased grip strength
- Difficulty holding weight through hand

Anatomy/Cause

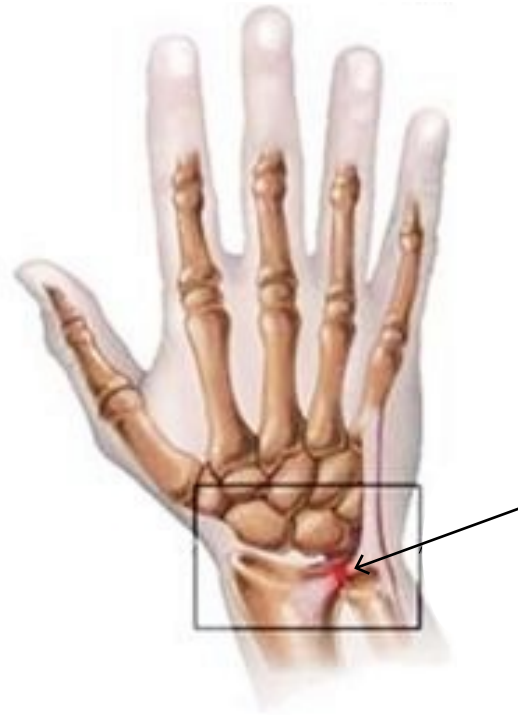
The Ulnar (or little finger) side of the wrist is home to the Triangular Fibrocartilage Complex (TFCC), which is an important soft tissue structure. It is made up of multiple parts including ligaments and cartilage. The main role of the TFCC is to stabilize and cushion the wrist during gripping, rotation and functional use of the hand. The TFCC can be injured through a fall, forced rotation of the hand, or wear and tear over time.

Treatment

At Hand Works, we can assess your symptoms and determine the best treatment and therapy. The goal of hand therapy is to protect the TFCC while it is healing and restore strength and stability to the wrist. We are also able to advise you if input from a hand surgeon may be required.

Your therapist may:

- Provide a custom-made wrist splint that will immobilise the wrist and/or prevent forearm rotation
- Changing the way you use your hand/complete daily activities
- When appropriate, commence gentle strengthening exercises and stretches to increase finger range of movement and regain function.



Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit