

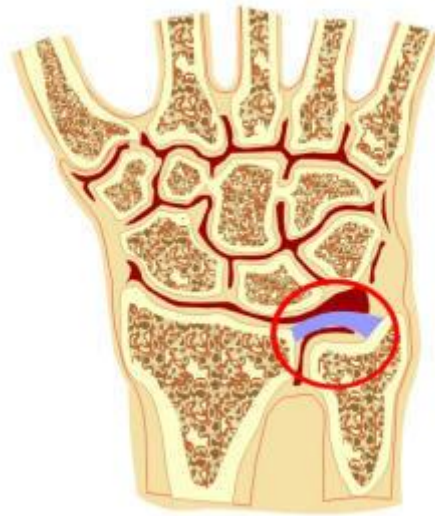


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## TFCC injuries:

### What is the TFCC?

The TFCC (*Triangular Fibrocartilage Complex*) is a structure made of cartilage and ligaments in the ulnar side of the wrist. It adds stability, support & cushion to the wrist, similar to the meniscus of the knee.



### How does it get injured?

The TFCC can be injured with a fall, forceful twisting or repetitive loading of the wrist.

### How are TFCC injuries treated?

TFCC injuries can be serious and stubborn to heal (due to poor blood supply). So, they are often treated aggressively to maximize healing.

- Acute – immobilize in cast or splint x 4-6 weeks, then transition to removable splint (3-6 more weeks)
- “Wrist Widget” splint
- Physical therapy
- Injections (ie: Cortisone, Prolotherapy or Platelet Rich Plasma) – experimental, variable response
- Surgery – for moderate-large tears, tears causing catching or persistent pain, tears unresponsive to conservative care