

# **MIKE FOSTER**

## **Hand Wrist and Elbow**

### **TFCC Open Repair**

#### **Problem**

- Pain and clicking on the ulna side of the wrist

#### **Cause**

- The triangular fibro cartilage complex (TFCC) has a tear that has failed to heal.

#### **Diagnosis**

- Ulna sided wrist pain
- Localised pain in this area 'ulna side of wrist'
- Pain and clicking with circumduction
- X-rays often normal, may show ulna styloid fragment
- MRI Scan – increasingly effective at diagnosing tears
- Arthroscopy confirms the diagnosis
  - Small tears can be debrided

#### **Treatment**

- Surgical
  - o General Anaesthetic
  - o Usually diagnostic wrist arthroscopy first to confirm instability
  - o Large peripheral tears that fail to heal can be repaired usually through a small open approach, using a suture anchor to stabilize the cartilage
  - o Occasionally the ulna will need to be shortened.

#### **Potential Complications**

- Infection, Haematoma, Neurovascular Injury
- Stiffness – loss of supination/pronation

#### **Post Op Care**

- Above Elbow cast post op for two weeks
- Sugar Tong splint for from two to six weeks, prevents supination/pronation.
- Hand Therapy for strengthening.