

MIKE FOSTER

Hand Wrist and Elbow

TFCC Debridement and Ulnar Shortening

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 and the distal ulna abuts into the carpus.

Diagnosis

- Ulna sided wrist pain
- Localised pain in this area 'ulna side of wrist'
- Pain and clicking with circumduction
- X-rays often normal, can show 'apparently' long ulna.
- MRI Scan – increasingly effective at diagnosing tears, showing oedema in the lunate and ulna

Treatment

- Surgical
 - o General Anaesthetic
 - o Usually diagnostic wrist arthroscopy first.
 - o Central tears can be debrided arthroscopically.
 - o The ulna will need to be shortened , using a specialised plate.

Potential Complications

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

Post Op Care

- Below Elbow Cast for six weeks until union.
- Hand Therapy for strengthening.