



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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COMMON WRIST CONDITIONS

Wrist pain is a very common source of pain and occurs for many different reasons from sprain, to fractures, to arthritis. The wrist is comprised of many moving parts and pieces that help it to function as a unit. There is a relationship between the two forearm bones, the ulna and radius, 8 carpal bones, 27 bones of the hand including all fingers and thumb. There are 33 ligaments that provide support and stability for the wrist along with several muscles and tendons that help with movement, strength and functional use of the wrist and hand. To find out more information regarding two of the most common wrist injuries check out this month's blog. If you are currently experiencing pain in your wrist it may be helpful to see our Occupational Therapist, Chris Moore, and see how she may be able to help you.

AROUND THE CLINIC:

April is Occupational Therapy Month! Our lives are made up of occupations-meaning everyday activities. These can include working at a desk, grocery clerk, sports player, musician, parent, student and more. We usually go about our routine without a thought until we have trouble performing our tasks. Imagine if you are involved in an accident, sustain an injury, are diagnosed with a disease or other condition that makes it difficult to participate in your daily activities.

Occupational therapists will evaluate your situation and with your input, (or from others whom you choose) develop individual goals and a therapy program that will help you increase your independence and regain your ability to perform daily activities and live life to its fullest.

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Spotlight Diagnosis of the Month

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

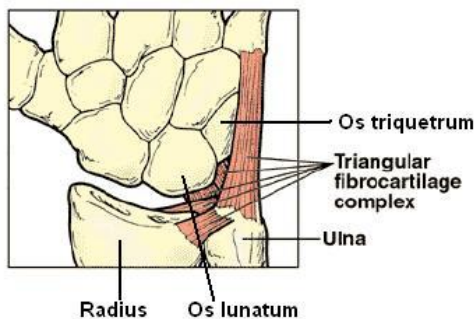
Diagnosis: Triangular fibrocartilage complex

What is it?

The triangular fibrocartilage complex (TFCC) is a load-bearing structure and is located on the medial part of the wrist between the lunate, triquetrum and ulnar head. It is built up of a triangular fibrocartilage articular disc, and several ligaments.

Its function is to act as a stabilizer and shock absorber for the carpal joint and the ulnar side of the wrist.

TFCCs are the most common cause of ulnar wrist pain.



Symptoms: are pain with rotation (such as opening jars), decreased AROM and strength

Causes: are degenerative issues, tears, trauma, and inherent laxity

Conservative treatment include immobilization for 6 weeks, at 8 weeks begin gentle strengthening, 12 weeks progressive weight bearing.

Surgery may also be necessary depending on the severity.

How can therapy help?

PT and OT can help assess your wrist pain and advise you on the appropriate treatment including pain management techniques, range of motion and strengthening exercises, specific brace to support the wrist, positions to avoid to decrease the symptoms. TFCC involvement can take several weeks to months to heal. If the tear is significant, surgical repair may be necessary. The therapist can also assist in a referral to a sports medicine or orthopedic physician for further assessing.

***Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.**

