



Common symptoms of a TFCC tear are:

- Pain, localized to the ulnar (pinky) side
- Pain that gets worse with simple gripping and rotation movements (opening a door or using a can opener)
- It normally does not swell (but can if fracture or other injury occurs at same time).
- Clicking, snapping, or crackling (crepitus) These are not present in all patients with TFCC tears.
- Pain with weight bearing activities.
- Feeling of instability

If you don't have swelling, you can use a heating pad on the wrist, or alternate hot/cold water over it.

If you have swelling, consult your physician and get a referral to an orthopedic hand specialist. Yes, wrists are tricky little things. Believe us, it's worth the extra step in your road to full recovery.

Radiograph Results



If the x-ray is negative >> continue with hand specialist referral.

If the x-ray is positive >> the physician will recommend casting. Have the cast applied.

Don't begin using the WristWidget until the bones can heal properly.

The treatment plan on the protocol pages are to be used for wrists **WITHOUT** a cast, or after it has been removed..

What is the TFCC?



More popularly known as the wrist meniscus; a kind of shock absorber for some of the joints in your wrist. (the blue connectors in the illustration)

The TFCC can tear with rotational movements (hyper rotation whilst using a drill), excessive weight bearing, a fall on an out-stretched hand etc.

The Weight Bearing Test

Why is this so important? You see it all over the website. It is THE most important diagnostic test for TFCC injuries. You can't recover well without understanding your injury.

It will tell you

- 1) If the WristWidget® work for you.
- 2) How severe your injury is
- 3) How long it will take to heal.

You can find the video here: <https://bit.ly/ww-wbt>

Follow the instructions. The test results will define how bad the injury is. IT MUST BE PERFORMED ON A NON-DIGITAL SCALE

Mild	65# or more (29 kg)
Moderate	45-65# (20-29 kg)
Significant	20-45# (9-20 kg)

Complete the TFCC Questionnaire found here:

<https://bit.ly/ww-log> - once received we will contact you and discuss your healing protocol.

Significant injury



You will need to wear a protective wrist splint to prevent motion during the first critical 2-10 day post-injury period. Make sure it doesn't press down (compress) the ulna head (wrist bone).