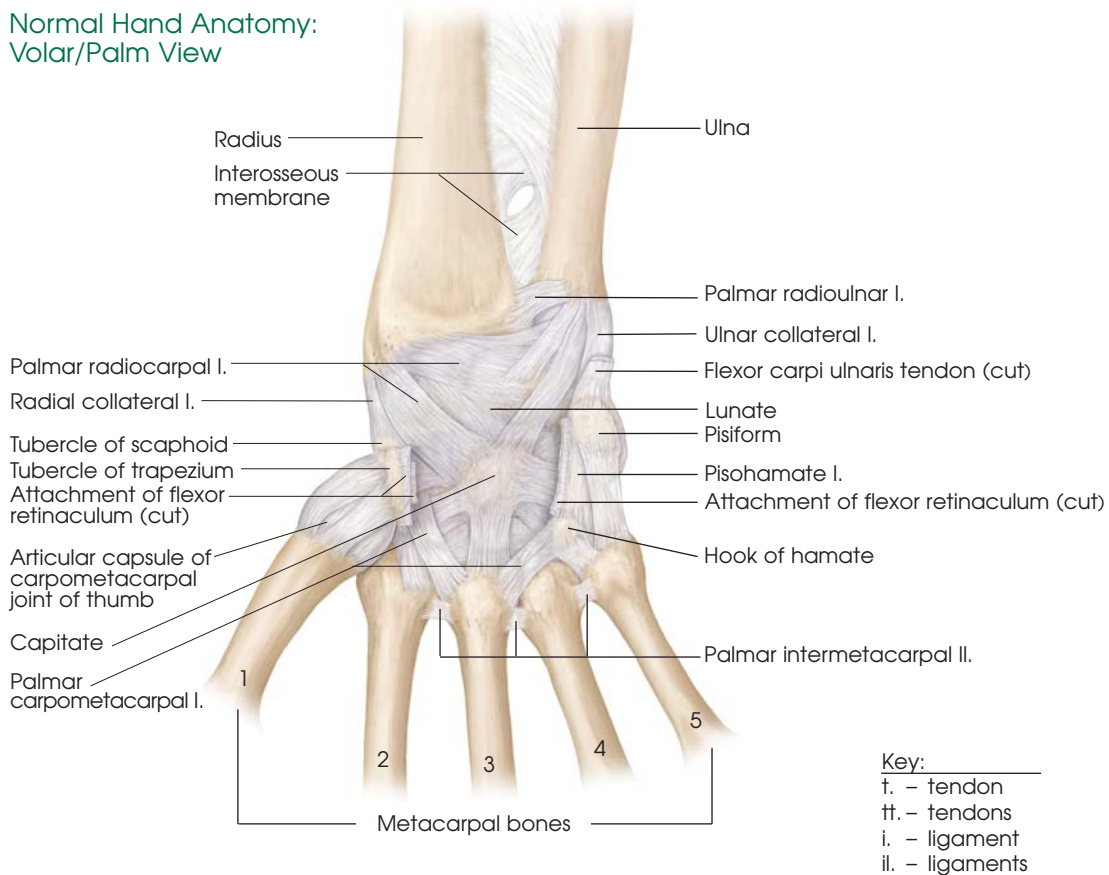
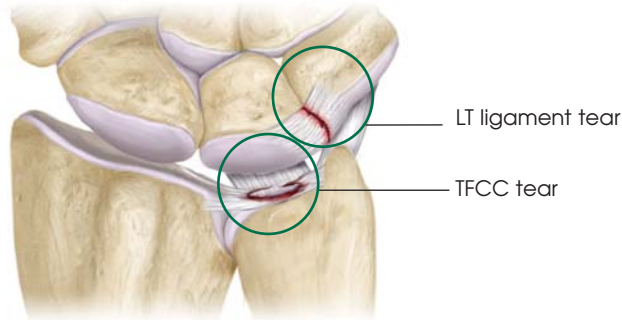


TFCC (Triangular Fibrocartilage Complex) Tear

Normal Hand Anatomy:
Volar/Palm View



TFCC (Triangular Fibrocartilage Complex) Tear



Triangular Fibrocartilage Complex (or TFCC) is a tear in the cartilage and ligaments of the wrist just past the forearm bone (ulna) on the side of the little finger. TFCC tears can be caused by a fall on an outstretched hand, a blow to the wrist, swinging a bat or racquet or a violent twist of the wrist. Symptoms include pain and tenderness on the little finger side of the wrist and cracking or clicking of the wrist.

Common Treatment Options

- A splint or plaster cast may be used to ensure alignment as the ligament heals.
- If possible, apply ice packs to the wrist for 20-30 minutes every 3-4 hours for the first 2-3 days.
- Take anti-inflammatory medications such as ibuprofen or naproxen as prescribed by your doctor.
- Steroid injections may be recommended by your physician.
- Imaging studies such as an MRI arthrogram may be used to confirm the diagnosis.
- Surgery may be required for complete tears.

