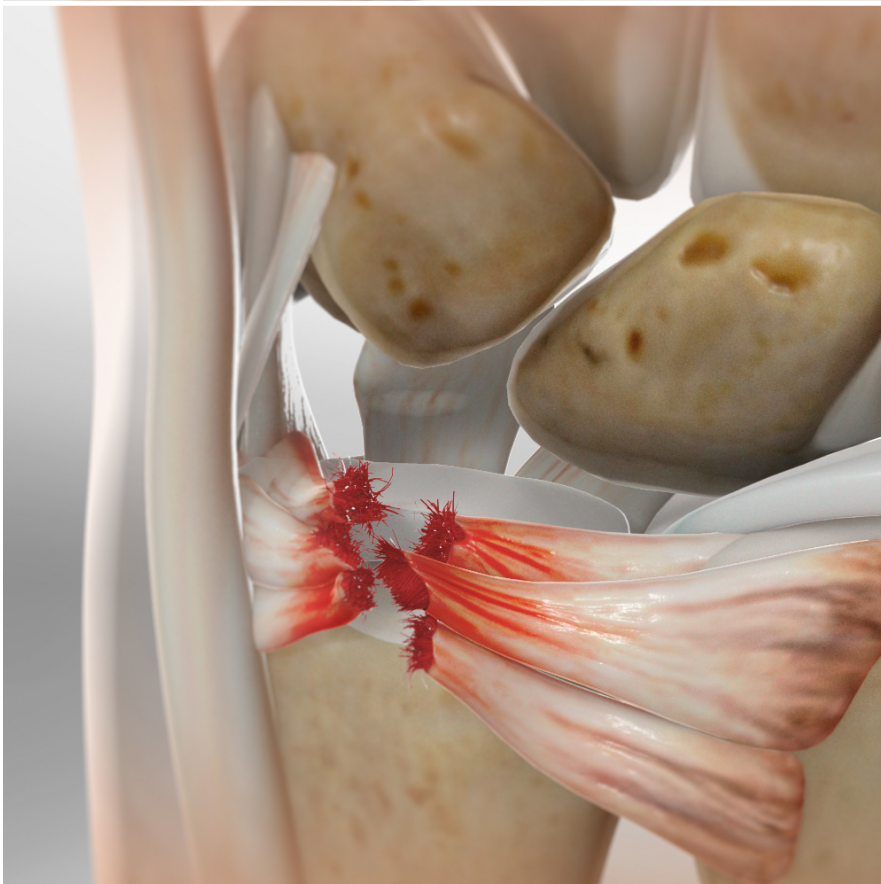




## Triangular Fibrocartilage Complex Tear (TFCC Tear)



### Overview

This is a tear of the tissues that stabilize your wrist. The triangular fibrocartilage complex (we say "TFCC") is made of tendons, ligaments and cartilage. Together, these tissues connect your forearm bones to the bones of your wrist.

### Causes

What causes a TFCC tear? Well, it can happen a few ways. Sometimes it's caused by a fall or some other injury. But it can also develop over time. Our tissues tend to weaken as we get older, and when this happens, things like lifting heavy luggage or playing tennis can stress and tear the TFCC. If you do a job or an activity that stresses the TFCC over and over again, you may raise your risk for a tear.

### Symptoms

What are the symptoms? It's common to feel pain on the side of your wrist nearest your pinkie finger. When you use your wrist, you may hear sounds like popping and clicking. It may be hard to rotate your wrist. And your grip may feel weak.

### Treatment

How do we treat it? We may recommend rest, ice and medications. A brace or splint will stabilize your wrist while it heals. Injections may help with inflammation, and you may need some physical therapy. If you have a severe tear, you may need surgery. Your doctor will create a plan that's right for you.