
# Ulna sided wrist pain / DRUJ / TFCC injuries

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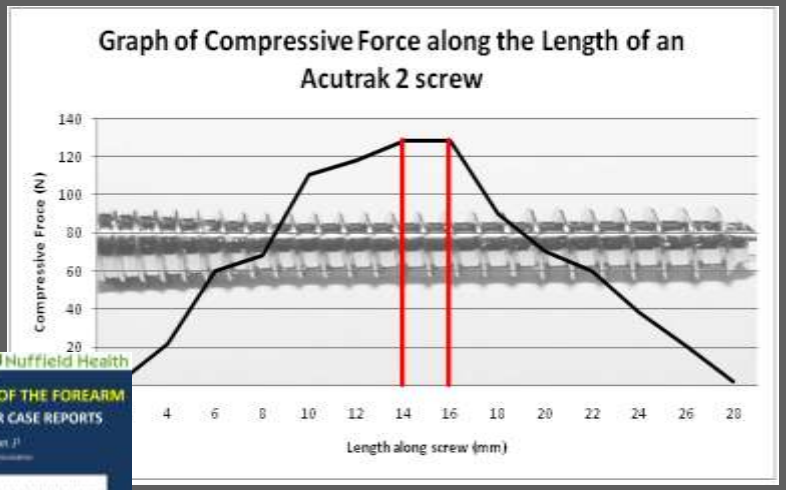
# General trauma and elective upper limb

# Upper Limb Transitional Fellow Post





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# Chronic wrist pain - I love it!

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# History

- Hand dominance
- Occupation
- Injury?
- Pain
  - Site
  - Activity related
- Clicking
- Swelling
- Pins and needles

# Radial sided wrist pain (RSWP)

- De Quervain's
- base thumb arthritis
- scaphoid non-union
- SLAC wrist
- intersection syndrome
- Wartenburg's neuritis

# USWP

- DRUJ
- TFC
- ulnar abutment
- LTJ
- PTJ
- ECU tendon

- Ulnar styloid non-union

# Examination
## Look - landmarks

# Examination

- Feel – localise pain
- Move
- Special tests
  - Finklestein's
  - Kirk-Watson's
  - DRUJ
  - TFC
  - PTqJ
  - LTqJ
- X-Ray!

# TFC

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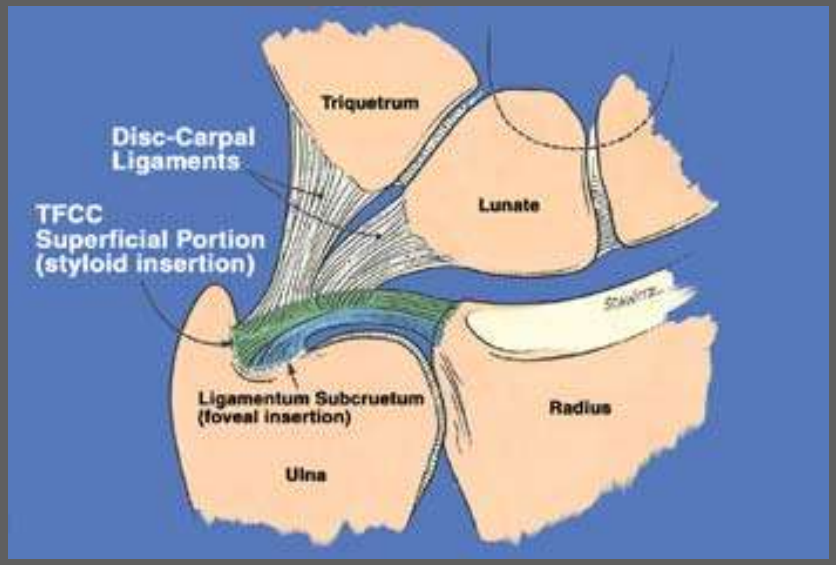
# Anatomy TFCC

- TFC
- dorsal / volar radioulnar and ulnocarpal ligaments
- Foveal attachment
- meniscus homologue



# Tears

- Fall, twisting injury
- Ulnar sided pain
  - Tender proximal to pisotriquetral joint
- Worse supination / ulnar deviation
- click

# Diagnosis

- Ulnar deviate hand and compress

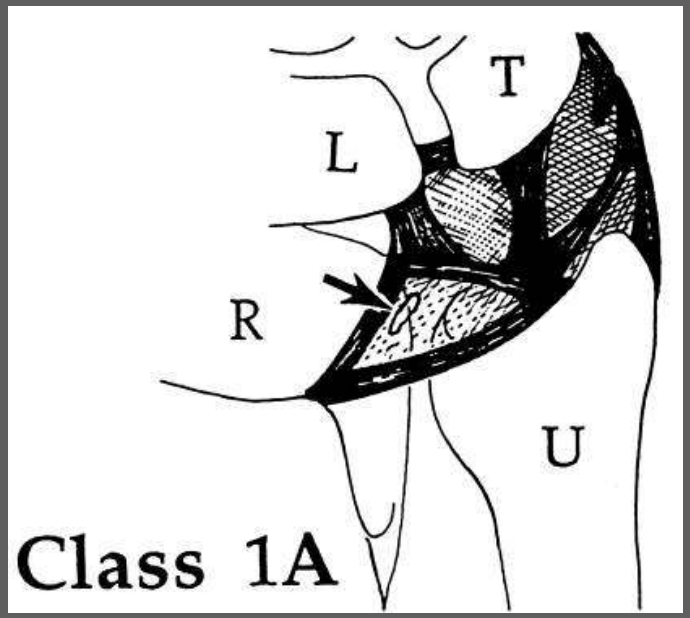
# Classification tears - Palmer

- 1 – traumatic
- 2 - Associated with ulnar impaction

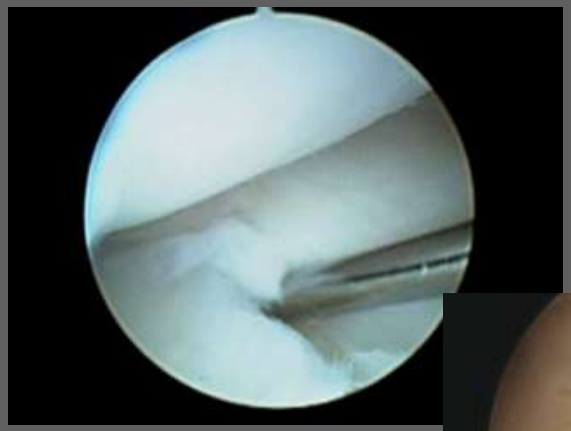
| Type | Description |
|---|---|
| Type 1 | Acute traumatic tears |
| 1A | Central TFC perforation |
| 1B | Peripheral ulnar side TFCC tear (±ulna styloid fracture) |
| 1C | Distal TFCC disruption (disruption from distal UC ligaments) |
| 1D | Radial TFCC disruption (±sigmoid notch fracture) |
| Type 2 | Degenerative |
| 2A | TFCC wear |
| 2B | TFCC wear with lunate and/or ulnar chondromalacia |
| 2C | TFCC perforation with lunate and/or ulnar chondromalacia |
| 2D | TFCC perforation with lunate and/or ulnar chondromalacia with LTIOL perforation |
| 2E | 2D + ulnocarpal arthritis |

Adapted from Palmer AK Triangular fibrocartilage complex lesions: a classification. J Hand Surg Am 1989 Jul;14(4):594-606

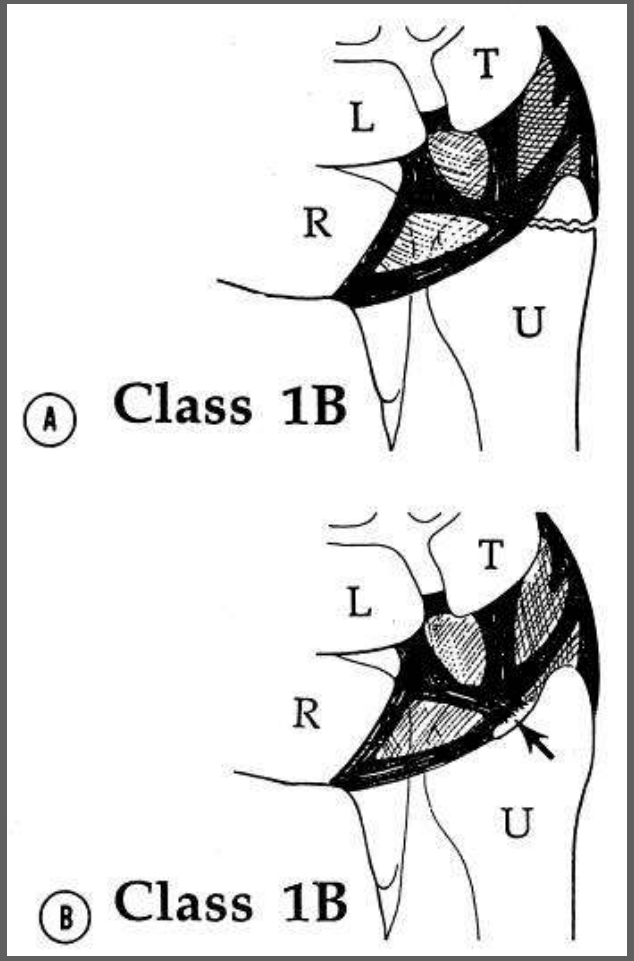
# 1A




- Avascular portion
- debride

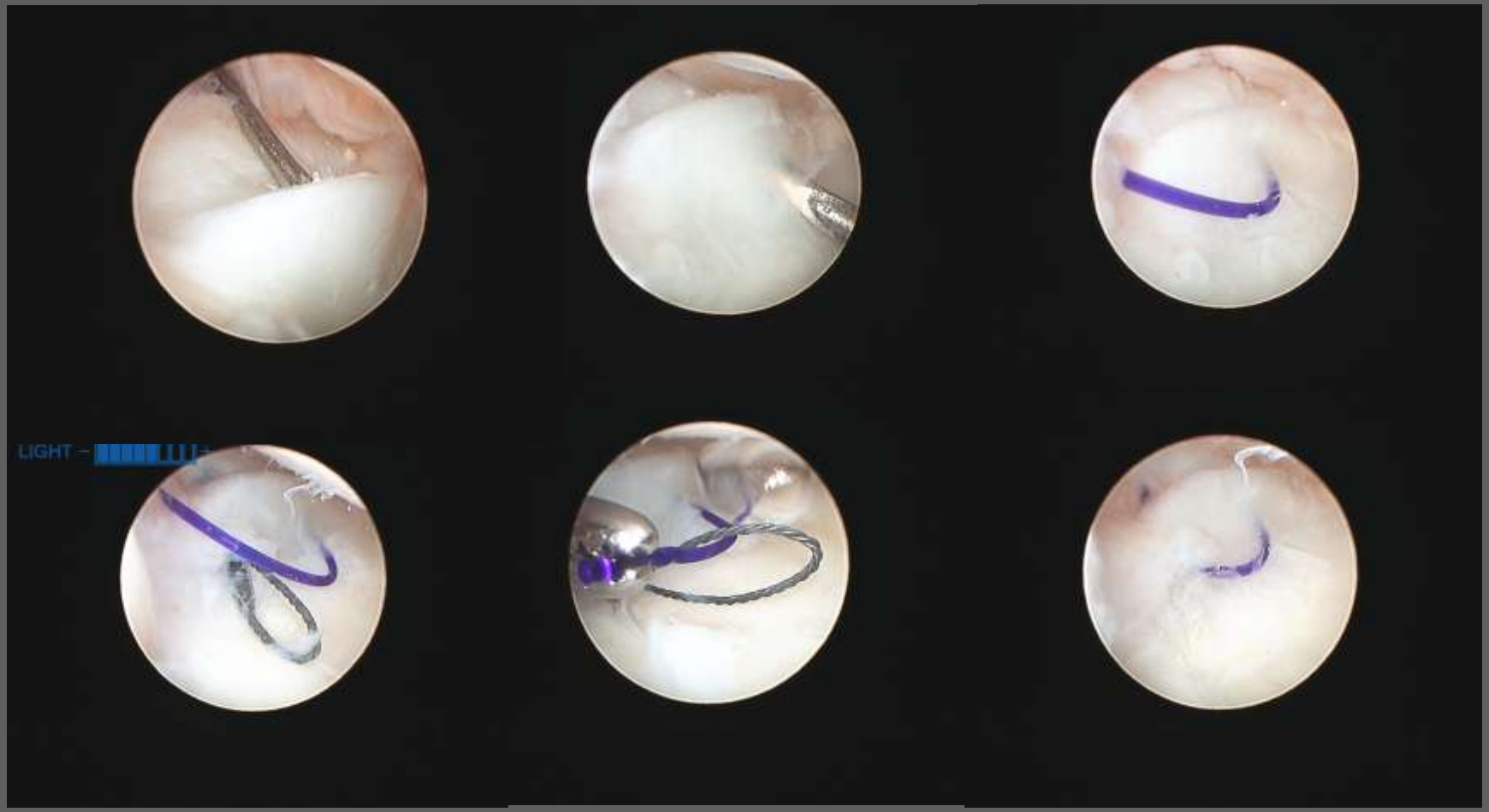


# Repair

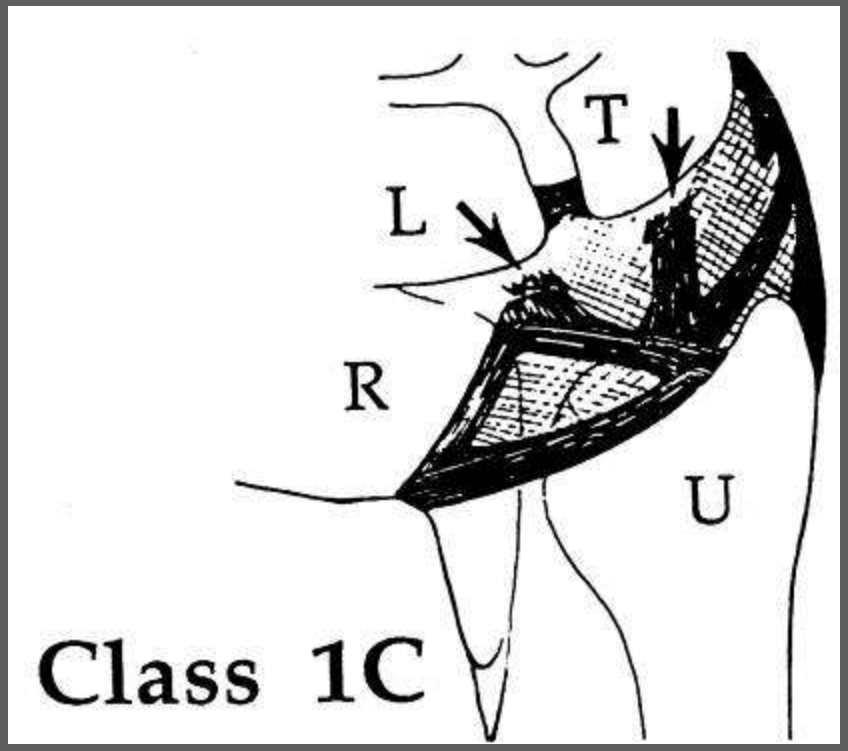


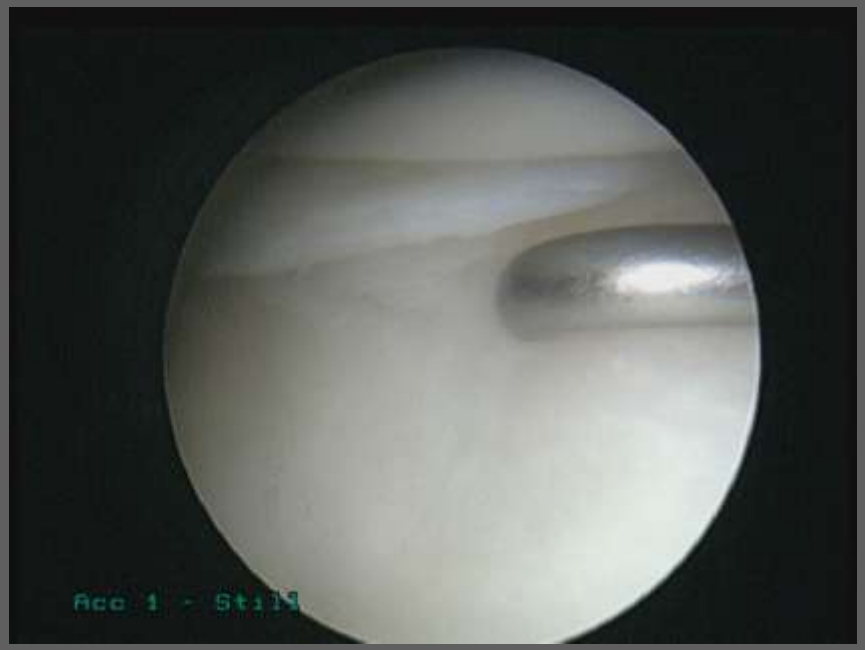

- arthroscopic

# Type 1b tear arthroscopic repair

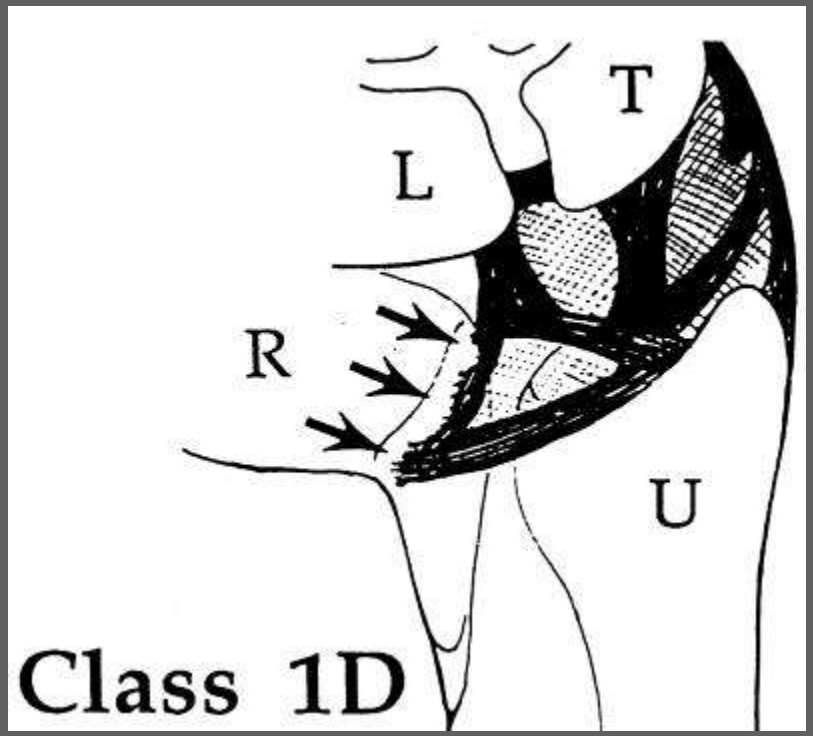


# Detachment of volar TFC and ulnocarpal ligaments

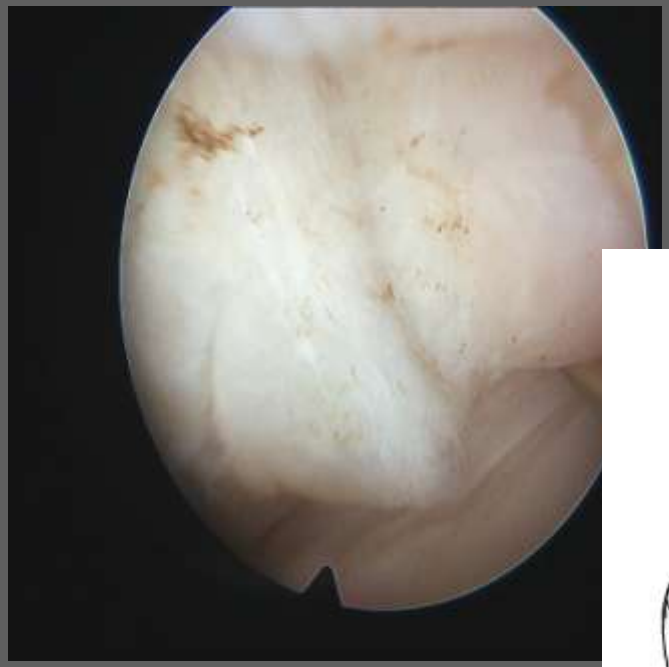


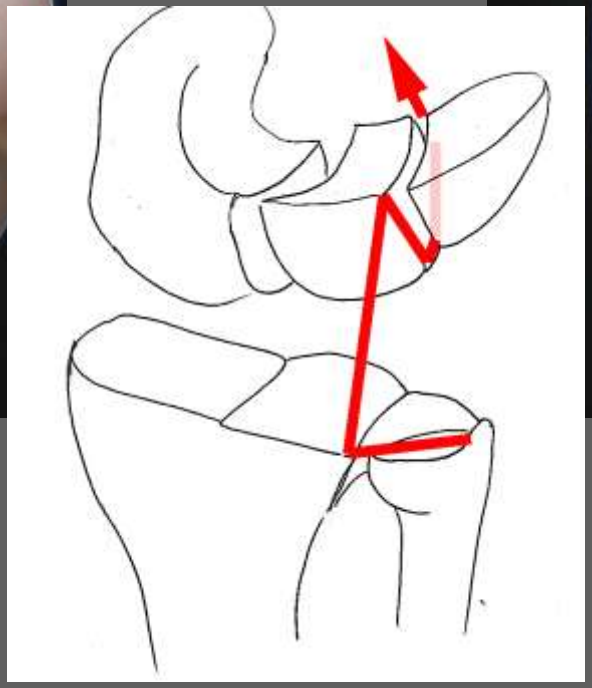



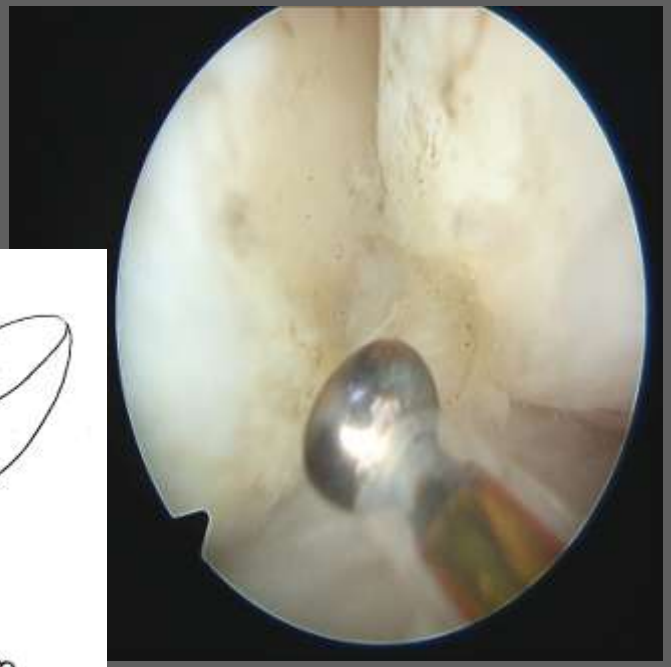
# Traumatic detachment at radial insertion




# Plus lunotriquetral ligament tear







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# Lunotriquetral fusion

# Ulnar abutment

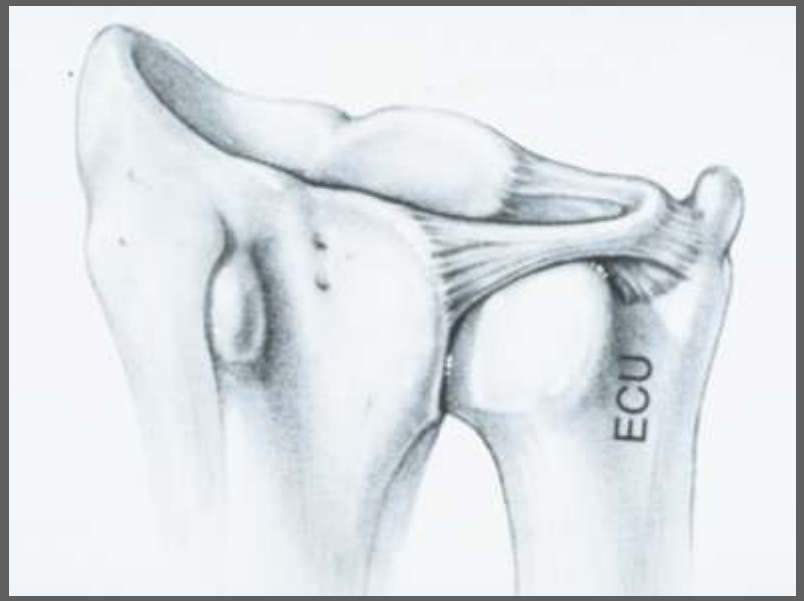
# Diagnosis

- Same test as for TFC tear
- Radiographs - ?ulnar plus
- MRI

# Treatment

- Ulnar shortening
- Feldon wafer
  - ?arthroscopic

# Unstable ECU tendon

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# 6th compartment opened

# Subsheath Repair

# Distal radioulnar joint

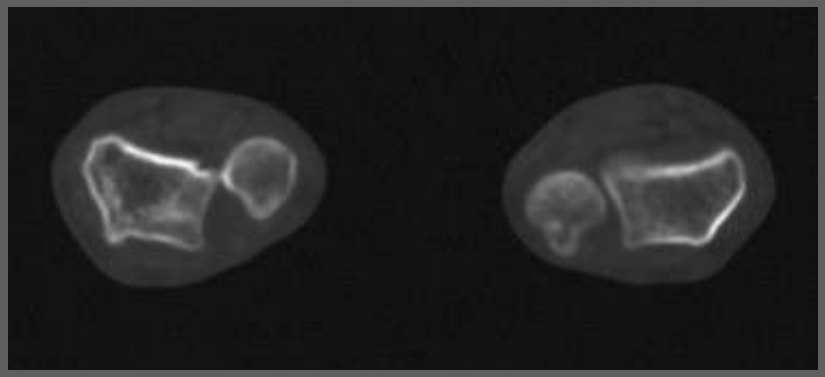
- Ulnar head articulates with sigmoid notch
- 3 shapes (Tolat)
  - important if planning an ulnar shortening

# Joints

- main wrist joints – 4
  - radiocarpal
  - midcarpal
  - carpometacarpal
  - DRUJ

# Instability

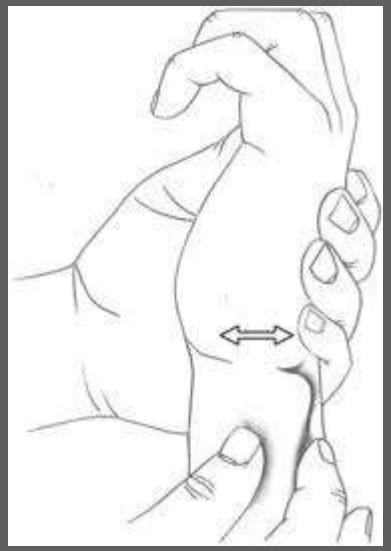
- Stabilisers
  - Radioulnar ligaments
  - TFCC
  - ECU sheath
  - IOM
  - ulnocarpal ligaments
  - LTq ligament



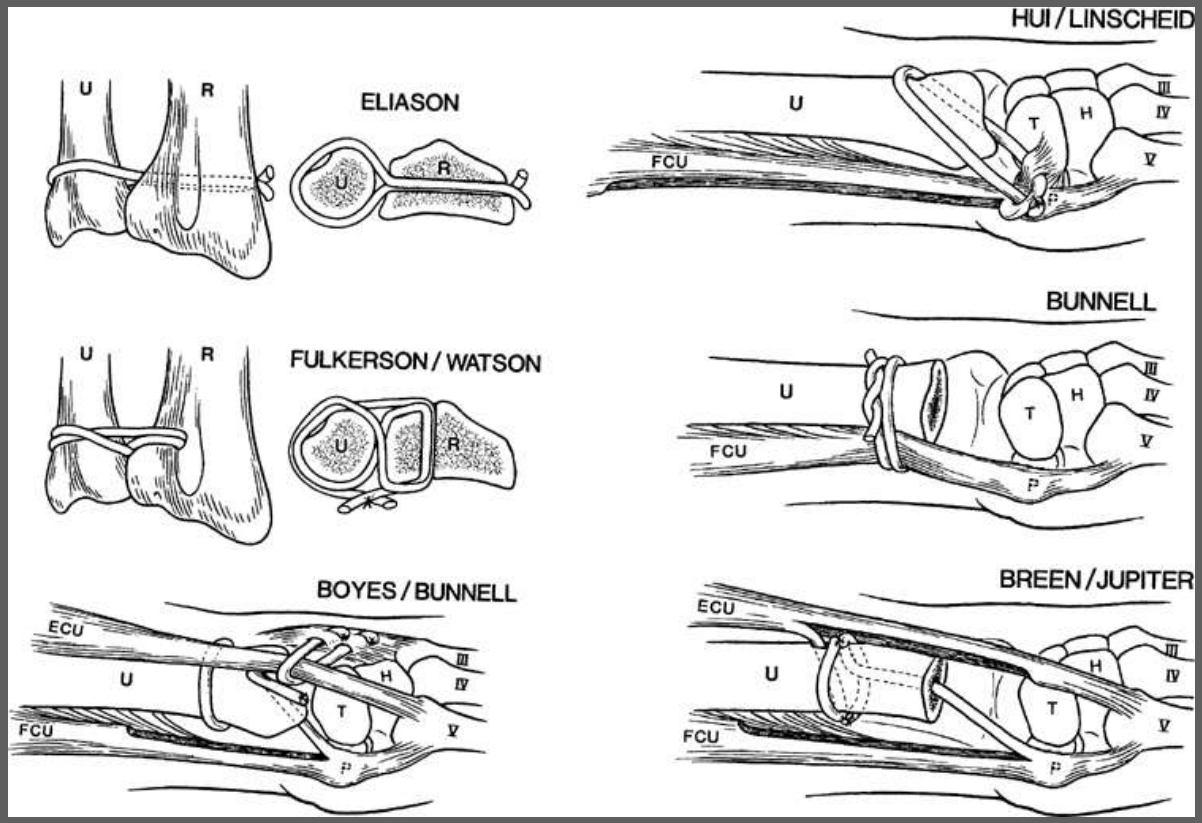
- + bony

# Test

- radially deviate wrist to tighten UCL

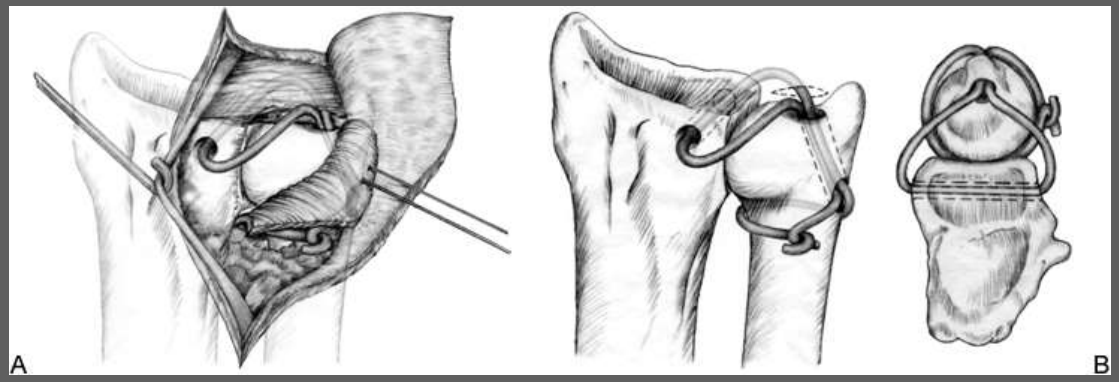


# Reconstruction



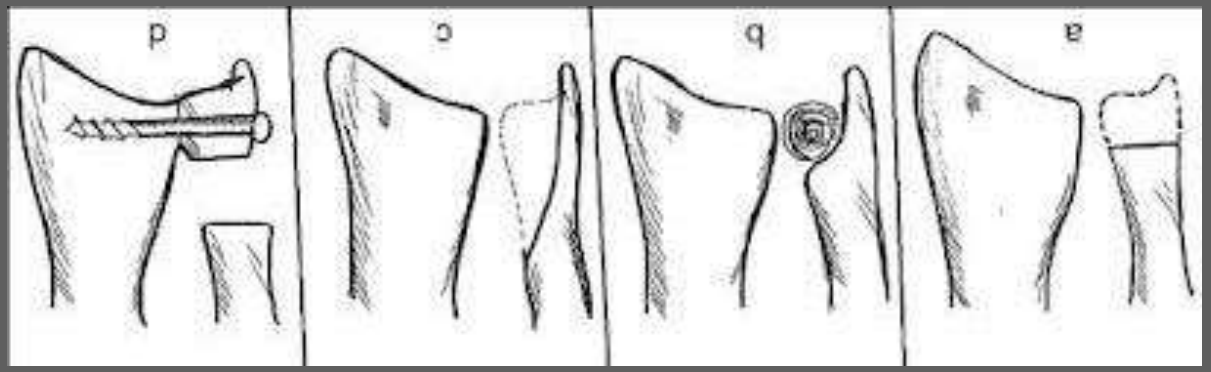
# Adams Procedure

- 3-incision technique
- Palmaris longus graft – never long enough!



# DRUJ arthritis

- Darrach's?
- Partial excision
- Sauve-Kapandji
- replacement



# Replacement

- Hemiarthroplasty
- Total (Scheker)

# 40 female, fall 6+ months ago

# Darrach's, skin healed

# Happy?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# Inadequate soft tissue restraint

# Radioulnar fusion