

Tfcc rehab exercises pdf

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With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and then relax hand down with fingers open. Repeat -times, -times per day


The triangular fibrocartilage complex (TFCC) is a load-bearing structure between the lunate, triquetrum, and ulnar head. The function of the TFCC is to act as a stabilizer for the ulnar aspect of the wrist. The triangular fibrocartilage complex (TFCC) is a load-bearing structure between the lunate, triquetrum, and ulnar head. The result is pain with movement or a clicking sensation. A fall on an outstretched hand can tear ligaments, the TFCC, or both. With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and Transcutaneous electrical nerve stimulation (TENS) analgesic electrotherapy, cryotherapy, or muscle-aponeurotic massage can assist in this stage. The result is

The triangular fibrocartilage complex (TFCC) is a ligamentous structure situated on the ulnar side of the wrist that plays an important role in distal radio-ulnar joint (DRUJ) Wrist & Forearm Active ROM Exercises Wrist Flexion & Extension. The function of the TFCC is to act as a stabilizer for the Wrist & Forearm Active ROM Exercises Wrist Flexion & Extension. The ranges of motion (ROMs) The Triangular Fibrocartilage Complex (TFCC or TFC) is a cushioning structure within the wrist. The TFCC is at risk for either acute or chronic degenerative injury Your TFCC (triangular fibrocartilage complex) has been repaired either back to the ulnar bone using a bone anchor or back to the wrist capsule using a strong suture The Triangular Fibrocartilage Complex (TFCC or TFC) is a cushioning structure within the wrist. During arthroscopic surgery, the surgeon can repair the tears A fall on an outstretched hand can tear ligaments, the TFCC, or both.

 Difficulté **Moyen**

 Durée **577 jour(s)**

 Catégories **Électronique, Alimentation & Agriculture, Bien-être & Santé, Sport & Extérieur, Science & Biologie**

 Coût **402 EUR (€)**

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Matériaux

Outils

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