Abstract

A prospective observational study was carried on 25 patients with triangular fibrocartilaginous complex lesions of variable etiologies at the Central 11 Military Hospital in Bogotá, between July 1996 and July 2004. 24 of the patients had arthroscopic debridement and one of them had a suture of the triangular fibrocartilage. After the treatment the patients had an average follow up of 76 months with evaluation of the function, return to the daily activities and associated complications. It was demonstrated that in 96% of the cases there was complete resolution of the pain and only one patient had persistence of continuous pain in the wrist. 95% of the patients returned to their daily activities according to the evaluation performed with the DASH questionnaire (Disability of Arm, Shoulder and Hand), which demonstrates that the arthroscopic debridement of lesions of the triangular fibrocartilaginous complex is an excellent therapeutic method, reproducible, to recover the function of the wrist with improvement of the patients symptoms.

Keywords

complex triangular fibrocartilage, arthroscopy of the wrist, debridement