



## **Physiotherapy consultation**

**Name:** Aahida

**Age:** 13 years/F

**Sports:** Tennis

**Level of sports:** Asian level

### **Chief complaints:**

- Rt Wrist pain

### **Past history:**

- No injury on wrist
- Pain started while playing back hand

### **On observation:**

- No swelling

### **On palpation**

- Mild tenderness over TFCC complex

### **On assessment:**

- 1) Good wrist mobility
- 2) TFCC grind test positive with 3/10 pain scale.
- 3) TFCC stress test positive with 3/10 pain.
- 4) Ulnar deviation with supination painful 2/10 pain.
- 5) Tight forearm muscles.

### **Diagnosis:**

- TFCC pain. (Triangular fibrocartilage complex ).

### **Treatment :**

- Wrist mobilisations
- Forearm soft tissue release.
- Cross Friction of TFCC.

### **Advice:**

- Once in a month a proper recovery session is needed.
- Need to work on wrist mobility and pain free in training.
- Need to do proper warm up and mobility and activations before the training.



## **OFF SEASON RECOMMENDATIONS**

### **Recommendations/Interval time for Recovery sessions**

- As per the Client requirement and S&C training progress, recovery sessions should be once in a month on Psychology session day.

## **ON SEASON TRAINING RECOMMENDATIONS**

- Interval time for recovery sessions should be changed during on season training.

### **No. of sessions done till now from Month of October:**

- 13/10/2023-Recovery session
- 21/10/2023-Wrist pain (Mobilizations,ultrasound,exercise therapy)
- 18/11/2023-Wrist pain(Mobilizations,ultrasound,exercise therapy)
- 25/11/2023-Wrist pain(Mobilizations,ultrasound,exercise therapy)
- 26/12/2023-Wrist pain(Mobilizations,ultrasound,exercise therapy)
- 2/01/2024-Wrist pain(Mobilizations,ultrasound,exercise therapy)
- 16/01/2024-Wrist pain(TFCC strain right hand)

Recommendation- Ultrasound and restrict too much of extension activities till the pain subsides

### **Physiotherapy treatment**

10/02/2024

- Ultrasound for right wrist
- Advice icing & wrist brace

17/02/2024

- Thera band resistance exe's for both upper limbs