



Physiotherapy consultation

Name: Aahida Singh

Age: 13 years/Female

Sports: Tennis

Level of sports: Asian level

Chief complaints:

- Right 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 mobilizations
- 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

- Theraband resistance exercise for both upper limbs