

TFCC Compression Test

Patient information

Patient's full name:

Patient's date of birth:

Patient's medical history:

Patient's reason for visiting:

Date assessed:

TFCC compression test instructions

- Ready an examination table.
- Have your patient sit beside the examination table.
- Have your patient place their arm on the table (elbow with their forearm and hand pointing upward; arm wrestling position).
- Fixate the patient's radius and ulnar with one of your hands, and your hand must be close to the joint line.
- Grab the patient's hand at the height of the metacarpals from the radius using your other hand.
- Using that hand, bring their wrist into ulnar deviation under axial compression.



Test results

Positive: Test reproduces the patient's pain, and the wrist makes a clicking sound or crackles (crepitation).

Negative: No pain.

Reminder: *Whichever the result, please conduct other provocation tests (e.g., Fovea Sign, Ulnar Grinding Test, etc.) for consistency.*

Notes

Examiner's name:

Signature:

References

Physiotutors . (2021). *TFCC Compression Test*. <https://www.physiotutors.com/wiki/tfcc-compression-test/>

Prosser, R., Harvey, L., Lastayo, P., Hargreaves, I., Scougall, P., & Herbert, R. D. (2011). Provocative wrist tests and MRI are of limited diagnostic value for suspected wrist ligament injuries: a cross-sectional study. *Journal of Physiotherapy*, 57(4), 247–253. [https://doi.org/10.1016/S1836-9553\(11\)70055-8](https://doi.org/10.1016/S1836-9553(11)70055-8)