

# Wrist Pain Treatment

Dr. Dougherty uses minimally invasive wrist pain diagnosis and wrist pain treatment techniques for injuries and conditions of the wrist, leading to less pain, shorter recovery times and greater mobility during recovery.

## Common injuries:

- Distal Ulnar and Radial fractures
- Arthritis of the Wrist
- Tendinitis
- Ganglion (Cyst) of the Wrist
- Carpal Tunnel Syndrome
- Sprains
- Wrist Arthroscopy for Triangular Fibrocartilage Repair

## Did you know?

### Chronic wrist pain isn't always arthritis or carpal tunnel syndrome!

The cartilage of the wrist can become worn or torn just like that of the knee, and cartilage generally heals more slowly than other tissues of the body because it does not contain blood vessels. Dr. Dougherty is one of the foremost cartilage surgeons in the United States, and has developed reliable methods for diagnosing cartilage injuries in the wrist.

## Procedures Dr. Dougherty performs:

- Arthroscopy of the Wrist and Hand
- Wrist instability surgery- Open
- Wrist instability surgery- Arthroscopic
- Arthroscopically assisted repair of wrist fractures
- Arthroscopic removal of cysts about the wrist
- Arthroscopically assisted limited wrist fusion
- Arthroscopic Ulnar Shortening

- Minimally invasive carpal tunnel release
- Triangular fibrocartilage debridement & repair
- Arthroscopic Wrist Debridement
- Arthroscopic STT joint debridement
- Hand and wrist fusions
- Arthroscopic Radial Styloidectomy
- Arthroscopic CMC joint debridement and hemitrapezectomy