

Background: The literature is scarce regarding isolated tears of lunotriquetral interosseous ligament (LTIL). The purpose of this study was to present mid-term clinical and functional results of arthroscopic dorsal ligamentocapsulodesis in the treatment of isolated LTIL tears.

Methods: A total of 22 patients (8 female, 14 male; mean age = 31 years; age range = 18–42) with the diagnosis of isolated LTIL tears verified by wrist arthroscopy were retrospectively reviewed and included in the study. The mean follow-up was 55 (range = 24–84) months. The Modified Mayo Wrist Score, visual analog scale (VAS), flexion and extension deficits of passive wrist range of motion (ROM), pain-free ROM with forced wrist extension, and grip strength were measured in all patient both preoperatively and at the final follow-up appointment.

Results: The mean Modified Mayo Wrist Score significantly ameliorated from 50 ± 10.29 (range = 30–65) preoperatively to 86 ± 11.61 (range = 60–100) at the final follow-up ($p < 0.001$). The mean VAS score significantly improved from 7.1 ± 0.83 (range: 6–8) preoperatively to 2.2 ± 1.35 (range = 0–6; $p < 0.001$) at the final follow-up. At the final follow-up examination, the forced wrist extension was painless in all but three patients who developed pain at 70° , 75° and 80° of extension, respectively. The mean strength of hand grip significantly increased from 38.6 ± 9.68 (range = 24–54) kg to 49.5 ± 12.36 (range = 33–66) kg at the final assessment ($p < 0.001$). No major complications were observed during or after the procedure.

Conclusions: With the encouraging mid-term outcomes and a lower complication rate, arthroscopic LTIL dorsal ligamentocapsulodesis seems to be a safe and effective surgical technique in improving functional outcomes and reducing pain in the management of isolated LTIL tears.

Keywords: Unotriquetral interosseous ligament, Capsulodesis, Ligamentocapsulodesis, Arthroscopic capsulodesis, Isolated lunotriquetral tears.

[Yayına ulaşmak için tıklayın - Arthroscopic Dorsal Ligamentocapsulodesis in the Treatment of Isolated Lunotriquetral Interosseous Ligamentous Injury: A Retrospective Case Series of 22 Patients](#)