

## REVIEWER'S REPORT

Manuscript No.: IJAR-53289

Date: 14-08-2025

**Title: Focused Shockwave Therapy for Degenerative Triangular Fibrocartilage Complex Injury: A Case Report**

### Recommendation:

**Accept as it is .....YES.....**

Accept after minor revision.....

Accept after major revision .....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality			✓	
Techn. Quality		✓		
Clarity		✓		
Significance			✓	

Reviewer Name: Dr Aamina

### Reviewer's Comment for Publication.

#### General Overview

This case report addresses a clinically relevant and challenging condition—degenerative TFCC injury—by documenting the successful use of focused extracorporeal shockwave therapy (SWT) in a patient unresponsive to conventional conservative management. The subject matter is of interest to orthopedic surgeons, sports medicine specialists, and rehabilitation professionals, given the complexity of TFCC healing and the need for effective non-invasive treatment modalities.

#### Abstract Evaluation

The abstract concisely describes the background, patient profile, intervention, and clinical outcomes. It effectively communicates the novelty of the treatment approach, emphasizing the resolution of symptoms and functional restoration in a high-demand occupational setting. The clear mention of absence of adverse effects further strengthens the clinical applicability of the findings. The structured flow—from the nature of the injury to the therapeutic outcome—makes the abstract informative and engaging.

#### Introduction Evaluation

The introduction provides a clear and anatomically grounded explanation of TFCC function, injury mechanisms, and the unique challenges posed by degenerative lesions in the central avascular zone. The reference to Palmer classification contextualizes the case within a widely recognized diagnostic framework. The discussion of occupational risk factors, biomechanical stress accumulation, and the limited intrinsic healing potential of the TFCC sets a strong foundation for exploring alternative therapeutic strategies like SWT.

#### Scientific and Clinical Relevance

This case is particularly valuable because it focuses on a degenerative condition in a high-performance professional whose work demands precise wrist function. The choice of SWT, a modality with growing

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evidence for tendinopathies and musculoskeletal pain syndromes, extends its potential applicability to TFCC pathology. The complete resolution of symptoms and return to unrestricted surgical duties highlight the practical significance of the intervention.

### **Overall Assessment**

The manuscript effectively integrates anatomical, pathophysiological, and occupational considerations with a real-world therapeutic application. It contributes to the expanding discussion on non-invasive management options for degenerative wrist injuries, particularly in cases resistant to standard conservative care. The clarity of presentation and the clinically meaningful outcome make it a noteworthy addition to the literature on TFCC injury management.