

TFCC DEBRIDEMENT REHAB PROTOCOL (WITHOUT TFCC REPAIR)

Please correlate with operation note for patient specific post-operative plan base on intra-operative findings. Rehab protocol may be adjusted according to extent of injury, quality of soft tissue and repair.

If TFCC repair was performed, please refer to appropriate protocol on website.

- 0-2 weeks
 - Wrist brace to be worn between exercises and at night
 - Active and passive wrist range of motion (flexion/extension/forearm rotation) guided by pain
 - Aim to regain full wrist and forearm range of motion by 3 weeks
- After 2 weeks
 - Continue with above
 - Grip strengthening with putty
 - Gradual wrist and forearm strengthening (flexion/extension/pronosupination)
 - Can gradually wean out of brace for light activities and in safe environments as pain allows from 3 weeks
 - Continue with night wrist brace for 6 weeks post op
- After 6 weeks
 - Work and sport specific rehab
 - Widget brace / Lion's paw brace for work and sports
- Follow-up appointment:
 - 2 weeks clinic for wound check
 - 6 weeks clinic with Mr Francis Ting
 - 12 weeks clinic with Mr Francis Ting