

## TFCC REPAIR REHAB PROTOCOL

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 NOT performed, please refer to appropriate protocol on website.

- From day 0
  - o Keep elevated for first 2 weeks
  - o Passive and active finger exercises, ensure maintain full range
- 0-4 weeks
  - o Muenster/sugar tong thermoplastic splint to prevent forearm rotation and wrist flexion/extension at all time including night (position wrist in 30 degrees of supination and 15 degrees of wrist extension)
  - o Continue active finger exercises
  - o Commence active elbow small arc flexion/extension with splint on
- After 4 weeks
  - o Start gentle wrist flexion/extension exercises with forearm in neutral out of splint
  - o Continue muenster/sugar tong splint for 6 weeks total, use during day and at night during sleep. Can only come out of splint for gentle wrist exercises
- After 6 weeks
  - o Wean out of muenster splint as pain allows over couple of weeks
  - o Gradually start forearm rotation as pain allows
  - o Continue with active wrist flexion/extension exercises
  - o Continue with active elbow range of motion
  - o For night time, use wrist brace up to 12 weeks post op
  - o Commence submax painfree isometric wrist exercises after 8 weeks
- After 12 weeks
  - o Aim to have regain full wrist flexion/extension/pronosupination range of motion
  - o Begin gradual strengthening
  - o Widget brace/Lion's paw brace for work and sports for 6 months
- After 14 weeks
  - o Work and sport specific strengthening
- Follow-up appointment:
  - o 2 week clinic for wound check and hand therapist referral
  - o 6 week clinic with Mr Francis Ting
  - o 12 weeks clinic with Mr Francis Ting