

Triangular Fibrocartilage Complex (TFCC) Repair Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky dressing and splint to be kept in place for 10-14 days.
- Elevate and ice for at least 3 days.
- Continue elevation as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op (at therapy):

- Bulky dressing, splint, and sutures will be removed.
- Patient will be fitted with a long arm cast or splint for the next four weeks.
- Active and passive Range of Motion (ROM) exercises are initiated to the fingers and thumb.

6 Weeks Post Op:

- Follow up appointment in clinic with P.A. or M.D.
- If had long arm cast, it is replaced with a sugartong splint or munster splint.
- Active ROM exercises initiated to elbow, wrist, and forearm, and passive ROM permitted for elbow.
- May initiate weighted elbow stretches.
- Therapist will assist with edema control and scar management.

8 Weeks Post Op:

- Follow up appointment in clinic with M.D.
- Passive ROM exercises initiated to wrist and forearm.
- Sugartong or munster splint reduced to wrist protection splint for use in between exercises and at night.

10-12 Weeks Post Op:

- Follow up appointment in clinic with M.D.
- Wrist splint discontinued.
- Begin progressive strengthening with putty or hand exerciser. (Hand weights may be used once symptoms are gone.)
- Return to daily activities as able.

Considerations:

- Patients returning to heavy labor jobs should continue to wear a wrist splint during labor to avoid re-injury.

