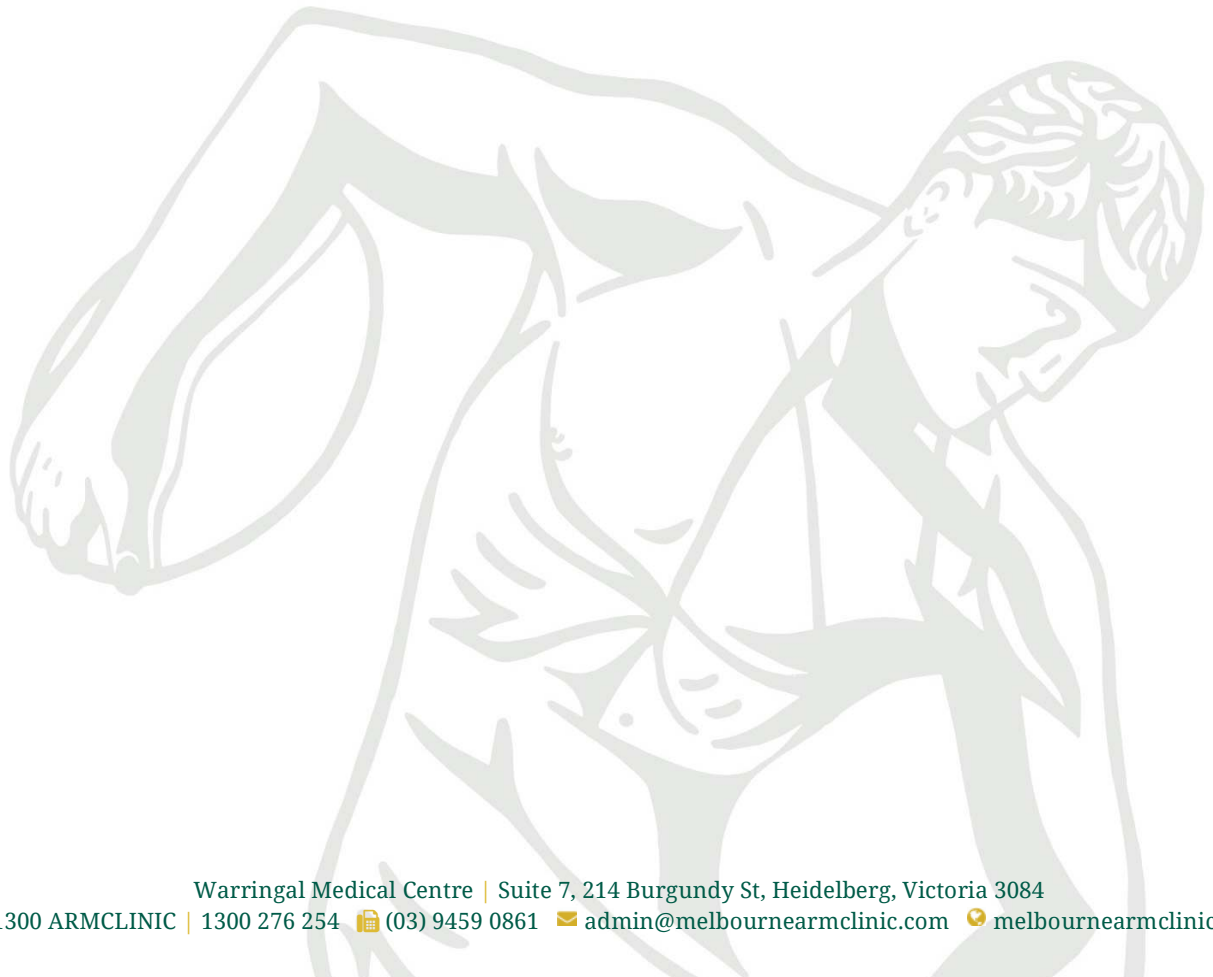




TFCC Repair Protocol





TFCC Repair

Mr. Matthan Mammen
MS, FRACS (Orth)

Orthopaedic Surgeon

Sling	When will I go home?	What can I do?	What can't I do?
2 weeks	You will be discharged on the <u>same</u> day as the operation	Rest in splint	No lifting

Acute phase (0-2 weeks)

Goals

- Reduce pain

Rehabilitation

- Rest in plaster

Intermediate phase (2-6 weeks)

Goals

- Control pain
- Commence range of movement

Rehabilitation

- Change into removal splint
- Passive to active assisted wrist range of movement exercises

Late phase (>6 weeks)

Goals

- Regain wrist range of movement
- Regain strength, proprioception and function

Rehabilitation

- Wean splint
- Progress range of movement to full active functional range
- Load wrist as tolerated
- Strengthening exercises forearm and wrist

Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
8 weeks	6 weeks	8 weeks	3 months