

Wrist TFCC Repair Protocol

Phase 1	Surgery to 4 weeks
Appointments	<ul style="list-style-type: none"> • 1x a week to modify splint as needed and review home exercise program of gentle active range of motion.
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • 3 to 5 days postop: <ul style="list-style-type: none"> ○ Bulky dressing is removed ○ Patient fit with a Munster splint with wrist and forearm in neutral position ○ Digital range of motion with tendon glides in an elevated position ○ Gentle elbow flexion and extension exercises • 10 to 12 days postop • Suture removal • Initiate scar massage

Phase 2	4-6 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continued use of Munster splint • Initiation of active wrist range of motion and forearm range of motion in all planes

Phase 3	6-8 weeks post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Advance into forearm-based wrist cock-up splint • AROM/PROM of elbow, forearm, and wrist in all planes • Gentle strengthening exercises starting with isometric exercises progressing to isotonic exercises

Phase 4	8 weeks+ post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Pt may transition into Ulnar Compression strap if needed • Discontinue splint to PRN • Advance strengthening to concentric, open, and closed chain as tolerated