

Arthroscopic Wrist TFCC Repair Rehabilitation Guidelines

Phase I (0-2 weeks postop):

- Leave Operating Room in a Long Arm Splint in full Supination and 20 degrees of Wrist Extension.
- Ice and elevate operative wrist above the level of the heart near continuously for the first 5 days and then as needed. Could apply ice near continuously for the first 5 days or 20 minutes on 5X/day.
- Actively flex and extend the operative side fingers and thumb every 15 minutes while awake.

Phase II (2-6 weeks postop):

- Will be referred to Occupational Therapy for a custom molded splint which maintains full wrist supination and 20 degrees of wrist extension but allows elbow flexion and extension.
- The time duration of the splint depends on surgeon discretion, age of patient, risk factors of individual patient, and degree of stiffness. The splint may be transitioned to simply wearing at night only.
- Start progressive rotation to 60 degrees of pronation out of the splint. Elbow is held next to side at 90 degrees of flexion and the nonoperative hand performs the pronation/supination stretch on the operative forearm 1 minute every hour while awake or at least 5 minutes 5X/day. Also begin PROM for wrist dorsiflexion and volar flexion, performed with the elbow in full extension so that all the stretch is concentrated at the wrist. Passive range of motion (PROM) means the nonoperative hand is doing all the work.

Phase III (6-10 weeks postop):

- Allow full rotation (pronation and supination at 6 weeks postop.
- Discontinue the splint completely except for at risk activities.
- Continue the Phase II stretching routine but now add Active range of motion (AROM) to actively flex, extend, pronate and supinate the wrist 1 minute every hour while awake.

Phase IV (10-12 weeks postop):

- Light strengthening is initiated.

Phase V (12-16 weeks postop):

- Begin sport-specific training and full weight-bearing on the operative arm.
- Advance to full unrestricted activities by 4 months postop (exact target date may be adjusted at surgeon's discretion.