

## TFCC Repair (Peripheral Tear)

**Dr. Staiger**

\*Schedule OT 6 weeks post-op, same day as 6 week doctor appointment.

Time Frame	Treatment	Goals
Phase I Post-Op 6 Weeks	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Instruct in edema management techniques as needed.</li> <li>• Custom fit prefabricated Zipper wrist cock-up orthosis (L3906) which was molded, wrist in neutral for between exercises.</li> <li>• Fit with soft DRUJ wrap (i.e. Carpal Guard, Wrist Widget, or Squeeze Ulnar Compression Wrap A4467) for exercises and then once client is to wean out of the Zipper orthosis.</li> <li>• Begin gentle elbow, forearm, wrist, and hand active range of motion.</li> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• Issue scar pad (to be worn once incision is healed).</li> <li>• Progress with active assistive range of motion as tolerated.</li> <li>• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op).               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.</li> <li>○ If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm<sup>2</sup>, 3 MHz) and pulsed (i.e. 20%) setting when over the plate area (if completed with ulnar shortening osteotomy).</li> </ul> </li> <li>• Attend occupation therapy 1-3x/week for range of motion, edema control, and scar management.</li> </ul>	<ul style="list-style-type: none"> <li>• Protection</li> <li>• Edema control</li> <li>• Pain management</li> <li>• Scar management</li> <li>• ROM</li> </ul>
Phase II 8 Weeks	<ul style="list-style-type: none"> <li>• Continue with above exercises.</li> <li>• Begin passive range of motion as tolerated.</li> <li>• Dynamic splinting may be completed as needed.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional ROM</li> </ul>
Phase III 10-12 Weeks	<ul style="list-style-type: none"> <li>• Begin progressive strengthening exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• PREs</li> </ul>