

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"> • Evaluate and Treat. • Instruct in edema management techniques as needed. • Custom fit with Zipper wrist cock-up orthosis, wrist in neutral for between exercises. • Fit with soft DRUJ wrap (i.e. Carpal Guard, Wrist Widget, or Squeeze Ulnar Compression Wrap) for exercises and then once client is to wean out of the Zipper orthosis. • Begin gentle elbow, forearm, wrist, and hand active range of motion. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). • Progress with active assistive range of motion as tolerated. • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. ○ If used, ultrasound is usually completed at a low intensity (i.e. 0.5 w/cm², 3 MHz) and pulsed (i.e. 20%) setting when over the plate area (if completed with ulnar shortening osteotomy). • Attend occupation therapy 1-3x/week for range of motion, edema control, and scar management. 	<ul style="list-style-type: none"> • Protection • Edema control • Pain management • Scar management • ROM
Phase II 8 Weeks	<ul style="list-style-type: none"> • Continue with above exercises. • Begin passive range of motion as tolerated. • Dynamic splinting may be completed as needed. 	<ul style="list-style-type: none"> • Functional ROM
Phase III 10-12 Weeks	<ul style="list-style-type: none"> • Begin progressive strengthening exercises. 	<ul style="list-style-type: none"> • PREs