



TFCC Repair Arthroscopic or Open

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Goals of therapy

- Maximize digit ROM
- Edema control
- Scar softening
- Protect TFCC repair by controlling rotatory motion

Week 2

- Long arm operative splint off, sutures out
- Patient independently begins finger range of motion
- Fabrication of munster splint

Week 4

- Begin gentle wrist range of motion out of munster splint
 - Forearm rotation to patient tolerance
- Short arm splint during activities

Week 6

- Continue range of motion, if needed
- Stop all splinting
- Commence strengthening