

Triangular Fibrocartilage Complex (TFCC) Repair Protocol

Updated: March, 2019

- A. Phase 1 (0-1 weeks post-op)
 - 1. Brace - Immobilized at all times
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise – AROM elbow and shoulder

- B. Phase 2 (1-3 weeks post-op)
 - 1. Brace – Continue use, removed for therapy and bathing only
 - 2. ROM restrictions / precautions
 - a. Wrist extension: 10°
 - b. Wrist flexion: 50°
 - c. No pronation / supination of forearm
 - d. No ulnar deviation / radial deviation of wrist
 - e. No gripping with hand
 - 3. Continue cryotherapy and modalities as indicated
 - 4. Exercise
 - a. Wrist and elbow isometrics
 - b. Scar / soft tissue mobilization
 - c. Wrist PROM, AROM, joint mobilization (observe restrictions)
 - d. Wrist protected shoulder / scapular strength and stabilization
 - e. AROM hand / fingers

- C. Phase 3 (3-6 weeks post-op)
 - 1. Brace – Continue use, removed for therapy and bathing only
 - 2. ROM restrictions / precautions
 - a. Wrist extension: to tolerance
 - b. Wrist flexion: to tolerance
 - c. No pronation / supination of forearm
 - d. No ulnar deviation / radial deviation of wrist
 - e. No resisted gripping of hand
 - 3. Continue cryotherapy and modalities as indicated
 - 4. Exercise - Same as prior phase

- D. Phase 4 (6-10 weeks post-op)
 - 1. Brace
 - a. Wean from use in safe environments
 - b. Continue use in hazardous environments and sleeping
 - 2. ROM restrictions / precautions
 - a. Wrist ulnar deviation / radial deviation – to tolerance
 - b. Forearm pronation / supination – to tolerance
 - 3. Exercise
 - a. Progressive wrist and forearm strength
 - b. Global UE strength and stabilization work
 - c. Avoid CKC through wrist joint, protect wrist with bracing as indicated

- E. Phase 5 (10-14 weeks post-op)
 - 1. DC Brace
 - 2. Exercise – continue per prior phase

- F. Phase 6 (Return to play, 3+ months, physician clearance)
 - 1. Interval programs, sport specific activities and mainstreaming back into sport
 - 2. CKC – UE strengthening