

Dr. Robert Wysocki

TFCC Tear Repaired Arthroscopically

3-5 Days:

Splint: The post-operative dressing is removed at occupational therapy, and a custom-molded long arm splint is fabricated with the forearm at maximum supination, wrist at 10 degrees extension.

Motion: Range of motion of digits is encouraged

3.5 Weeks:

Splint: The supination splint is discontinued, and patients are fitted with custom-molded forearm-based splint with wrist in 25 degrees extension

Motion: The patient is encouraged to rotate from supination to neutral rotation. At week 4.5, the patient is encouraged to rotate to 60 degrees pronation, and at week 5.5 the patient is encouraged to have full rotation

6 Weeks:

Splint: All splinting is discontinued, except for during at risk activities until week 10

Motion: Full unrestricted progressive active and passive range of motion of the wrist is encouraged. Patients should hold off on exercises requiring full supination until 9 weeks

10 Weeks:

Patients may start lifting weights and increase weight and activity/sport as tolerated. Gymnastics is the exception, which should not be resumed until 3 months