

Protocol for Wrist Arthroscopy/TFCC Repair

FIRST POST-OPERATIVE VISIT (5 - 7 DAYS POST SURGERY)

- Surgical dressing removed
- Wound check
- Instruct in wound care, digital ROM
- Munster splint fabricated
- May remove the splint to shower and work on scar massage
- Return to work with no use of affected upper extremity

SIX WEEKS POST-OPERATIVE

- Ongoing therapy initiated
- Splint may be removed for AROM exercises, scar massage, modalities

SEVEN TO EIGHT WEEKS POST-OPERATIVE

- Splint can be discontinued with physician approval
- PROM initiated to the wrist and forearm
- Light resistive exercises initiated for the hand and wrist

NINE TO TWELVE WEEKS POST-OPERATIVE

- Progress strengthening as tolerated
- Begin work simulation activities

TWELVE WEEKS POST-OPERATIVE

- Return to work full duty