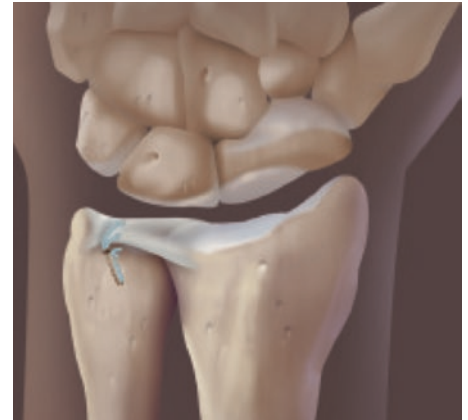


TFCC Repair – Rehabilitation

Your TFCC (triangular fibrocartilage complex) has been repaired either back to the ulnar bone using a bone anchor or back to the wrist capsule using a strong suture.

Whilst this repair is strong, returning to full activity requires your native ligament to heal – the sutures or anchors just hold everything in the right place until this healing occurs. Ligaments generally take 3-6 months to heal so your activities will be restricted to some degree during this period.



PHASE	WEEK	GOALS	INSTRUCTIONS
PHASE 1 PROTECT REPAIR & PREVENT STIFFNESS	Weeks 0-2	Pain control Protect repair Early Hand Therapist Review - 3-5 days post-op	Post-op plaster backslab to prevent forearm rotation Analgesia Thermoplastic 'sugar tong' splint Start graduated forearm and wrist ROM Hand 6-pack exercises
	Weeks 2-6	Protect repair Prevent stiffness Full elbow extension	Splint for 4-6 weeks Graduated forearm rotation (aim for 50/50) Avoid lifting > 1kg (1L milk carton)
PHASE 2 REGAIN MOTION	Weeks 6-12	Regain full ROM Start gentle strengthening	Progressive ROM exercises Low resistance exercises
PHASE 3 STRENGTHENING, RECONDITIONING & RETURN TO FULL ACTIVITY	Months 3-6	Graduated strengthening Return to pre-injury activity	Progressive resisted exercises Graduated return to pre-injury activities Consider return to sport once demonstrating full pain-free ROM and normal grip strength