TFCC Repair Protocol
Sling | When will I go home? | What can I do? | What can't I do?
---|---|---|---
2 weeks | You will be discharged on the same day as the operation | Rest in splint | No lifting

**Acute phase (0-2 weeks)**

**Goals**
- Reduce pain

**Rehabilitation**
- Rest in plaster

**Intermediate phase (2-6 weeks)**

**Goals**
- Control pain
- Commence range of movement

**Rehabilitation**
- Change into removal splint
- Passive to active assisted wrist range of movement exercises

**Late phase (>6 weeks)**

**Goals**
- Regain wrist range of movement
- Regain strength, proprioception and function

**Rehabilitation**
- Wean splint
- Progress range of movement to full active functional range
- Load wrist as tolerated
- Strengthening exercises forearm and wrist

**Guidelines for return to functional activities**

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<tr>
<th>Driving</th>
<th>Lifting</th>
<th>Swimming</th>
<th>Golf</th>
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<tr>
<td>8 weeks</td>
<td>6 weeks</td>
<td>8 weeks</td>
<td>3 months</td>
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