

## **TFC REPAIR (OPEN)**

- 0-2 weeks post-op
  - Long-arm post-op dressings
  - Begin finger and shoulder range of motion
- 2-6 weeks post-op
  - Continue finger and shoulder range of motion
  - Long-arm orthosis fabricated at 2 week follow-up visit with M.D.
    - ❖ Remove for hygiene and elbow flexion/extension only
  - May begin wrist flexion/extension at 4 weeks with M.D. clearance
  - Edema reduction techniques
  - Patient education
    - ❖ Anatomy of TFC and precautions for forearm rotation
- 6 weeks post-op
  - Begin active forearm rotation
  - Discontinue long-arm orthosis
- 8 weeks post-op
  - Begin passive forearm rotation
  - Begin gentle resisted forearm rotation