



REHABILITATION

## TFCC repair

*You have had surgery to fix one of the important soft tissue structures on the little finger side of your wrist. This structure is small and will take time to heal.*

People vary in their recovery from this surgery but the following is an outline of an average rehabilitation programme.

### Week 0 - 2 after surgery

Immediately after your operation it is important to start bending and straightening your fingers and thumb as your dressings allow.

#### Finger Extension and Flexion

Straightening and bending the fingers as shown, holding each position for a count of 5.

These pictures show a cast and bandage put on in theatre after the surgery. It is not always necessary to extend this first cast above the elbow, it depends on what type of repair you have had.

You can use your other hand to increase the range of movement

Keep your arm elevated, between exercise sessions, to reduce the swelling. Regularly move your elbow and shoulder to keep those joints mobile.



you can achieve. This may feel uncomfortable but try and complete ten sets of each stretch every 2 hours if you can after for a count of 5.

### Week 2 - 6 after surgery

During the first 2 weeks after your operation you will be seen in clinic for a wound check. You will be given a removable splint, for support. You need to remove this to do the following exercises.

After 4 weeks you can stop wearing the splint around the house but continue to wear it at night and for protection when out.

You may use the hand for light activities including turning pages, eating, folding light laundry, tying a shoe, buttoning and typing but don't load the wrist heavily.

*Complete the following exercises 10 times every 2 hours during the day.*

#### Wrist Flexion/Extension

Bend and straighten the wrist until you feel a stretch in each direction. Hold the stretch at each extreme for a count of 10. Do not force the movement in either direction.

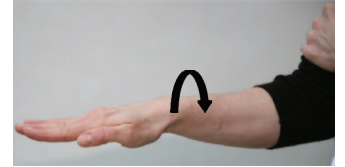




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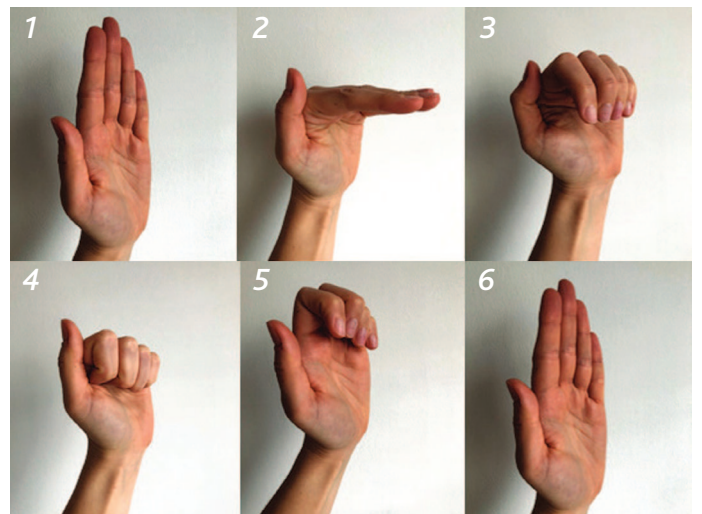
#### *Pronation and Supination*

Keep your elbow tucked into your side. Rotate your forearm so the palm of your hand faces up and then down to floor. Hold the stretch at each extreme for a count of 10. Do not force the movement.



#### *Tendon Gliding*

Complete as a sequence, as numbered.



#### *Scar Massage*

Apply deep circular massage with firm pressure 3 times daily for 3 minutes to the scar and surrounding area. Your therapist will show you how to do this.

You may use a non-scented moisturiser to help with this and to soften the skin.

#### *Week 6-12 after surgery*

You may now stop using the splint.

Continue to work on your exercises but increase the movement at the extremes by using your other hand to apply a gentle stretch in each direction.

Continue to work on scar massage.

Gradually build up the strength in your wrist and hand. Your therapist will demonstrate strengthening exercises to you.

You can return to driving at week 6 if you feel confident and in control of the car.

Do not engage in contact sports, such as rugby or weight bear through your wrist for example during yoga and pilates until at least 3 months after.

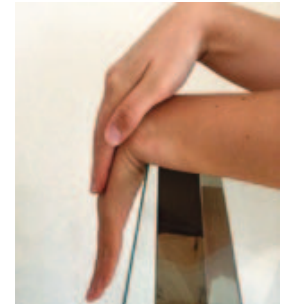


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#### *Passive extension and flexion*

Bend the wrist backwards (extension) until you feel tightness. Then use your other hand to push into the movement. Hold this for 30 seconds. Bend the wrist forwards (flexion) until you feel tightness. Then use your other hand to push into the movement.

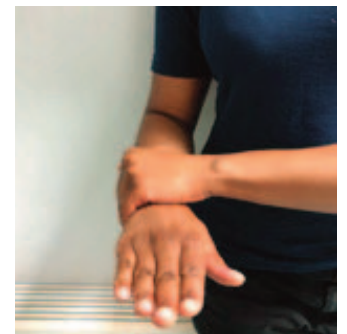
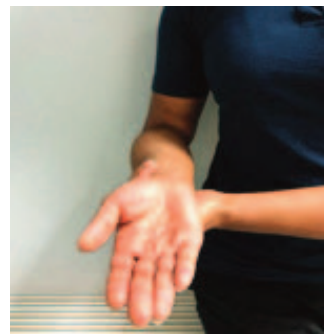
*Hold this for 30 seconds. You may find it easier to complete this exercise with your hand over the side of a table. Repeat 2 times.*



#### *Passive pronation and supination*

Keep your elbow tucked into your side. Rotate your forearm so the palm of your hand faces upwards (supination) and then downwards (pronation). Use your other hand to gently push your wrist further into each position.

*Hold each stretch for the count of 30 seconds in each direction. Repeat 2 times.*



#### *Prayer stretch*

Place both hands together with your elbows bent (as though praying), ensuring your palms are touching. Slowly bring your hands down the centre of your body - maintaining contact at the palms throughout.

*Hold for a count of 30 seconds. Repeat 2 times.*

