

# Occupational Therapy Prescription

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Hand and Upper Extremity Surgery

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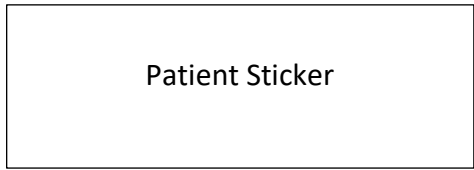
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**UCI Health**

Department of Orthopaedic Surgery



## TFCC Repair Protocol

Surgical Date: \_\_\_\_\_

Side:  Right  Left

Phase	Goals	Precautions	Exercises
<b>Phase 1:</b> <b>Weeks 0 - 2</b>	Edema and pain control Protect Repair	Splint at all times  Keep dry in shower	Hand and digital ROM Shoulder/elbow ROM isometrics 6 pack exercises elevation
<b>Phase 2:</b> <b>Weeks 2 - 6</b>	Edema/ pain control	Muenster wrist splint at all times (No forearm rotation)  OK to remove for hygiene  No lifting > 1 lbs	Elbow flexion/extension exercises Hand/digital ROM Scar desensitization, silicone sheets Modalities PRN
<b>Phase 3:</b> <b>Weeks 6 - 12</b>	Full ROM  Begin formal therapy	Removable wrist brace (wean towards only with heavy activities)  No lifting > 5 lbs	Forearm rotation exercises A/AA/PROM Scar desensitization Hand/wrist strengthening + ADLs Modalities PRN
<b>Phase 4:</b> <b>Weeks 12+</b>	Functional Strengthening	Return to sport 3-4 months  WBAT	Advance Strengthening Activity incorporation Sport focus exercises Modalities PRN

Treatment:  1-2  2-3 times per week for \_\_\_\_ weeks.  Home Program

Physician's Signature: \_\_\_\_\_

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