



I'm not robot



**I am not robot!**

Slowly lower the weight down to the table. The goals for hand therapy following a TFCC or ECU repair is to regain full range of motion, reduce pain, progress to strengthening activities, and return to functional activities. ROM: Progress towards full ulnar and radial deviation. It is triangular in shape and made up of several ligaments and cartilage. With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and What is a TFCC injury? The wrist joint is made up of the two long bones of the forearm (the radius and ulna) and eight small wrist (carpal) bones. Repeat—times, —times per day What is a TFCC injury? Movement • Isometric exercises for forearm/hand repetition times/day Low-grade isotonic exercises can be initiated if edema is not present (i.e., lightest putty) Light ADLs with Improve strength. With forearm supported on table and wrist over the edge, lift hand up with fingers resting in a fist, and then relax hand down with fingers open. Therapeutic Exercises: Strengthening Begin isotonic strengthening at wrist in sagittal plane and progress to Inform all patients about wrist anatomy, TFCC function, the type of injury they have sustained, and the repair performed. This information will help them understand the Begin in a standing upright position, with your arms bent and elbows tucked at your sides, holding each end of a resistance band that is anchored above your head. The wrist joint is made up of the two long bones of the forearm (the radius and ulna) and eight small wrist (carpal) bones. The result is pain with movement or a clicking sensation. A TFCC injury is any injury The Triangular Fibrocartilage Complex (TFCC or TFC) is a cushioning structure within the wrist. A fall on an outstretched hand can tear ligaments, the TFCC, or both. Wrist & Forearm Active ROM Exercises Wrist Flexion & Extension. If your physical therapist finds any weak or injured arm, hand, or wrist muscles, your physical therapist will choose and teach you the correct exercises and equipment to steadily restore your strength and agility Wrist & Forearm Active ROM Exercises Wrist Flexion & Extension. The TFCC makes it possible for the wrist to move in six different directions (bending, straightening, twisting, side-to-side) A supportive structure called the triangular fibrocartilage complex (TFCC) connects the ulna to the carpal bones, making the joint stronger and more stable. During arthroscopic surgery, the surgeon can repair the tears The triangular fibrocartilage complex (TFCC) suspends the ends of the radius and ulna bones over the wrist. A supportive structure called the Rehabilitation Exercises Wrist extension: Holding a can or hammer handle with your palm facing down, slowly bend your wrist upward.