



with a hand specialist and therapist.

Protect your wrist – No lifting anything over ONE POUND (yes, we mean one pound (.5 kilo))

Healing Protocol Basics

Diet & Exercise

It's time to start a clean diet: low sugar, low gluten. no processed foods, ++ dark veggies, + lean protein. Limit your protein intake to no more than 30% of your daily macros (Protein / Carbs / Fats). Many patients report that this injury occurs in conjunction with eating a high protein diet. Cardio exercise for 20 minutes daily – it increases the heart rate and helps the body to heal more quickly

Eastern Medicine

Eastern Medicine correlates the TFCC with the gut. Acupuncture 2-3 times a week is helpful in healing. Many patients report improvement when [Turmeric](#) is added to the diet.

Support

Join the [TFCC and Ulnar Sided Wrist Pain](#) Group on Facebook. This is a place where patients, therapists, physicians, alternative medicine practitioners can share their stories and experiences with this most disabling and mistreated injury



If you don't have a muenster splint, wear the wrist splint you purchased in the beginning OVER the WristWidget® to prevent flexion (bending) of the wrist. Use the wrist splint every night until your weight bearing tolerance is 45#.

Conduct Weight Bearing Test on your wrists one time each week. Record your results on the Weight Bearing Test Log <https://bit.ly/ww-wbt-log>

You should wear the WristWidget® when testing. Don't test WITHOUT the WristWidget® until your injured wrist results are equal to your uninjured wrist.

GOAL: Weight Bearing Test Results: 45# (20 kg)



Weight Bearing Test Results: 45-65# *moderate injury*

Expected recovery time
in this phase: ~ 1-3 months



Weight Bearing Test Results: 20-45# *significant injury*

Expected recovery time
in this phase: ~ 3 months

For proper healing, you **must** wait for X-Ray results to rule out a fracture **BEFORE** beginning the treatment we've outlined below. If your wrist is fractured, it must be cast so the bones can heal properly first.

The following treatment plan is for wrists **without** a cast, or **after** the cast has been removed.



If you can get a referral for a **Muenster Splint**, this would help in your recovery. It eliminates motion of the elbow and rotation of the wrist. It requires a prescription and an appointment

YAY! 45# is considered a "functional" wrist. This means that you should be able to function around the home, for the most part. Things like dishes, dressing, making a bed etc. should not hurt. This does **not** include carrying children, animals, heavy bags of groceries etc. This is a light functional wrist.

1. Protect your wrist – No sports, heavy lifting, or strengthening until results are at 65#
2. Wear the WristWidget 24/7. You do not need to wear the big bulky wrist splint.
3. Conduct Weight Bearing Test on your wrists one time each week. Record your results on the Weight Bearing Test Log <https://bit.ly/ww-wbt-log>

You should wear the WristWidget® when testing. Don't test WITHOUT the WristWidget® until your injured wrist results are equal to your uninjured wrist.

GOAL: Weight Bearing Test Results: 65# (29 kg)

Weight Bearing Test Results: >65# *mild injury*

Expected recovery time
in this phase: ~ 1-2 months

Congratulations! Being categorized, as 'Mild Injury' means your wrist is stable and you can load it for athletic endeavors. This took 10 years of research to determine!

Don't let this give you a false sense of security – **No push-ups, No bicep curls, NO rotated pull ups.** Yet.

This next phase is important because often people think that they are healed and go back to normal functioning without the WristWidget. They fall back below 65lb for weight bearing tolerance and symptoms resurface.

It is imperative to the healing process that you work to unwind all of the imbalances in your torso, shoulder, neck, elbow and lastly wrist. You need to stretch daily.

- You should stretch the spine, neck, shoulder, and elbow ALL while integrating pronation and supination. Start with NO load and stretch everything. Then add a 1 lb weight., then a 2 lb weight. Etc.
- You want all of your muscles to stretch equally and smoothly



<https://wristwidget.com/pages/videos>

What you will notice: there are certain positions (without moving the wrist) where you can get your wrist to subluxate. These are important to note.

During this time, you **must avoid bicep curls, push ups, pull downs with the wrist supinated, and pectoralis strengthening.** These are the muscles that need stretching! You need to elongate these muscles and strengthening does the opposite. Continue acupuncture and consider deep tissue massage to those muscles we are trying to elongate.

Your goal is to take 2-4 weeks to focus on the imbalances that this injury caused and there are many, especially when you have had the injury for a long time.

Strengthen instead: the triceps, the rhomboids, the lats and especially start planks on your elbow, not your hands. Get your core muscles working together. Squats and ab work helps a ton.

In this healing phase, you should continue wearing the WristWidget until your weight bearing is normal (equal to your uninjured wrist) and there is NO clicking. You are not done with the healing process yet.

The main goal is to be pain free and equal weight bearing tolerance compared to the uninjured wrist.

1. You need to wear the WristWidget for ALL loading activities– essentially all day.
2. You can remove it at night.
3. Then on a daily schedule, start the 3 Stretches for TFCC Rehab & Recovery (Pronator Stretches)



<https://wristwidget.com/pages/videos>

4. Conduct Weight Bearing Test on your wrists one time each week. Record your results on the Weight Bearing Test Log <https://bit.ly/ww-wbt-log>

You should wear the WristWidget® when testing. Don't test WITHOUT the WristWidget® until your injured wrist results are equal to your uninjured wrist.

GOAL: Weight Bearing Test Results equal to your uninjured wrist.

Once a taped wrist matches the uninjured wrist, then remove the WristWidget® and continue the weekly testing until both wrists are equal.

Congratulations! You now have a fully recovered TFCC injury. Appreciate your health because YOU have defied what we know in medicine to be the inability of these to heal. You have successfully healed your TFCC! Enjoy the process. The body is amazing.