

Combined Lateral and Medial Ligament Repair or Reconstruction Rehabilitation and Milestones

Patient Name: _____

Date: _____

Sling – to be worn for 6 weeks

Specific Instructions

1. Avoid supination and pronation in extension for 6 weeks.
2. No weight bearing through upper limbs for 12 weeks.
3. Avoid elbow varus/shoulder abduction and elbow valgus for 12 weeks.

0-1 weeks

- A splint will be in situ.
- Early elbow rehabilitation exercises.

1-2 weeks

- Splint removed
- Start Elbow exercises as per early elbow rehabilitation sheet.

2-4 weeks

- Early closed kinetic chain exercises.
- Isometric strengthening
- Isometric wrist flexion and extension.

6-12 weeks

- Progressive closed kinetic chain exercises
- Limited Range theraband extension strengthening (avoid less than 30 degrees flexion)

<u>Milestones:</u>	<u>Tick Box</u>
❖ Full active range of motion at 6 weeks.	<input type="checkbox"/>
❖ Driving once range of motion and strength are restored	<input type="checkbox"/>
❖ Light/sedentary work at 6 weeks	<input type="checkbox"/>

12 weeks

- Progressive Therabands
- Open Kinetic Chain.

<u>Milestones:</u>	<u>Tick Box</u>
❖ Heavy Manual work at 12 weeks	<input type="checkbox"/>

4-6 months

- Plyometrics
- Return to sports

<u>Milestones:</u>	<u>Tick Box</u>
❖ Return to Sports (dependent on sport)	<input type="checkbox"/>

Patient Appointment Notes

2 Weeks

6 Weeks

12 Weeks
