



Lateral Ligament Repair or Reconstruction Rehabilitation and Milestones

Patient Name: _____

Date: _____

Sling – to be worn for 6 weeks

Specific Instructions

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