

Rehabilitation Following a Lateral Ligament Reconstruction of the Elbow

Rehabilitation	
<p>On Discharge</p> <p>Aim:</p> <ul style="list-style-type: none"> ✓ Aware of importance of early exercise ✓ Independent with exercises ✓ Aware of rehab' plan 	<ul style="list-style-type: none"> • Observe for signs of infection • Sling for 6 weeks • Bandages taken down at 48-72 hours • Hand and wrist exercises • Overhead active flexion/extension forearm in neutral in supine with shoulder at 90 degrees flexion • Commence (NWB) CKC exercises with forearm in neutral • Pro/Supination with elbow at 90° flexion
<p>Weeks 2-6</p> <p>Aim:</p> <ul style="list-style-type: none"> ✓ Prevent stiffness ✓ Regain AROM ✓ Prevent increased tone in biceps/brachialis 	<ul style="list-style-type: none"> • Scar advice and management • Postural education • Shoulder girdle exercises/education • Light proprioceptive exercises • Light isometric exercises, including anconeus • Short lever kinetic chain rehab' • Aim full extension through active extension exercises • No weight bearing though hands/push ups/off
<p>Week 6</p> <p>Aim:</p> <ul style="list-style-type: none"> ✓ Full AROM ✓ Proximal control ✓ Pronator/flexor activity 	<ul style="list-style-type: none"> • Pro- and supination in extension (unloaded) • Commence strengthening full kinetic chain in short lever positions without varus stress • Proprioceptive rehabilitation • Avoid varus loads on the elbow, eg long lever in shoulder abduction • Avoid weight-bearing through upper limb
<p>Week 12+</p> <ul style="list-style-type: none"> ✓ Full strength, function and control ✓ Confidence and proprioception 	<ul style="list-style-type: none"> • Progress strengthening into long lever positions • Commence plyometrics, starting with slow, low loads • Anconeus rehab in transverse plane • Progress to weight-bearing proprioceptive rehabilitation • Return to sports/falls rehabilitation

Sling	Don Joy Aircast 6 weeks
Physiotherapy Follow Up	Within 2 weeks post-op

Milestones	
Full AROM	6 Weeks
Driving	When ROM and strength restored
Light/Sedentary Work	6 weeks
Heavy/Manual Work	12 weeks

Sport	Dependent on sport
--------------	--------------------

Patient specific instructions