

Rehabilitation Following a Medial Ligament Reconstruction of the Elbow

Rehabilitation	
<p>On Discharge</p> <p>Aim:</p> <ul style="list-style-type: none"> ✓ Protect repair ✓ 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 ROM exercises • Overhead active flexion/extension forearm in neutral in supine with shoulder at 90 degrees flexion • Commence (NWB) CKC exercises • Pro/Supination with elbow at 90° flexion
<p>Weeks 2-6</p> <p>Aim:</p> <ul style="list-style-type: none"> ✓ Protect repair ✓ Prevent stiffness ✓ Regain AROM ✓ Prevent increased tone in biceps/brachialis 	<ul style="list-style-type: none"> • Postural education • Shoulder girdle exercises/education • Light proprioceptive exercises • Light isometric exercises, including flexor/pronator group • Short lever kinetic chain rehab' • Avoid loading which applies a valgus stress to the elbow e.g. overhead throw • Pronator/flexor activity at 90 degrees flexion
<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"> • Commence strengthening of the full kinetic chain, starting short lever, avoiding pronation in extension, and valgus stress positions. • Flexor/pronator strengthening work in elbow flexion
<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 impact loading • Throwing/falling/Strength progression as required • Return to sport rehab'

Sling	Don Joy Aircast 6 weeks
Physiotherapy Follow Up	Within 2 weeks PO

Milestones	
Full AROM	6 Weeks
Driving	Once ROM and muscle strength has restored

Light/Sedentary Work	6 weeks
Heavy/Manual Work	12 weeks
Sport	Sport dependent

Patient specific instructions