



THE ARM DOC
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Rehabilitation Following an Interosseous Membrane Reconstruction

Rehabilitation	
<p style="text-align: center;">On Discharge</p> <p>Aims:</p> <ul style="list-style-type: none"> ✓ D/C independent with exercises ✓ Awareness of importance of early AROM 	<ul style="list-style-type: none"> • Full shoulder movements • Postural and scapular education • Elbow flexion/ extension CKC slides on table as able • Active wrist flexion/extension, as able • Gentle pro and supination as comfortable • Finger wind up and IP/MCP flexion exercises, thumb opposition • Sling for comfort
<p style="text-align: center;">2 Weeks</p> <p>Aims:</p> <ul style="list-style-type: none"> ✓ Improve AROM ✓ Use exercise for pain control 	<ul style="list-style-type: none"> • Continue active exercises with gentle encouragement • No stretches • Kinetic chain rehab' (unloaded) • Sling if required for comfort
<p style="text-align: center;">8 Weeks</p> <p>Aims:</p> <ul style="list-style-type: none"> ✓ Full AROM ✓ Improve strength 	<ul style="list-style-type: none"> • Kinetic chain rehab' • Functional rehab' • Grip strengthening combined with full kinetic chain/upper limb functional movements
<p style="text-align: center;">12 + Weeks</p> <p>Aims:</p> <ul style="list-style-type: none"> ✓ Functional strength ✓ Return to full function/hobbies/work 	<ul style="list-style-type: none"> • Return to full function • Full strengthening of the upper limb

Sling	For comfort - as required
Physiotherapy Follow Up	Within 2 weeks PO

Milestones	
Full AROM	6 weeks
Driving	6 weeks
Light/Sedentary Work	6-8 Weeks
Heavy/Manual Work	12 weeks



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Sport	Swimming -8-12 weeks
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Patient specific instructions
