



## Rehabilitation Following a Lateral Ligament Reconstruction of the Elbow

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

<b>Sling</b>	Don Joy Aircast 6 weeks
<b>Physiotherapy Follow Up</b>	Within 2 weeks post-op

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

**Sport**

Dependent on sport

<b>Patient specific instructions</b>