

Rehabilitation Following a Lateral Ligament Reconstruction of the Elbow

Rehabilitation	
On Discharge	<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 • Active-assisted progressing to active flexion/extension in full pronation. • Overhead elbow extension with shoulder at 90 degrees, in pronation. • Commence (NWB) CKC exs in full pronation. • Pro/Supination with elbow at 90° flexion. • No shoulder abduction for 6 weeks
Weeks 2-6	<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'.
Week 6+	<ul style="list-style-type: none"> • Commence strengthening full kinetic chain. • Avoid varus loads on the elbow, eg long lever in shoulder abduction.
Week 8+	<ul style="list-style-type: none"> • Progress strengthening. • Commence plyometrics, starting with slow, low loads.

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

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