

# Medial Ligament Reconstruction of the Elbow

Rehabilitation	
<b>On Discharge</b>	<ul style="list-style-type: none"> <li>• Sling for 6 weeks</li> <li>• Active-assisted progressing to active flexion/extension <b>in supination</b></li> <li>• Overhead elbow extension with shoulder at 90 degrees in supination</li> <li>• Commence (NWB) Closed Kinetic Chain exercises <b>in full supination</b></li> <li>• Pro/Supination with <b>elbow at 90° flexion</b></li> </ul>
<b>Weeks 2-6</b>	<ul style="list-style-type: none"> <li>• Scar management advice</li> <li>• Postural and scapula education</li> <li>• Shoulder girdle education</li> <li>• Light proprioceptive exercises</li> <li>• Light isometric exercises, including Anconeus</li> <li>• Short lever kinetic chain rehab'</li> </ul>
<b>Week 6+</b>	<ul style="list-style-type: none"> <li>• Full kinetic chain strengthening</li> <li>• Avoid valgus stress to the elbow (eg. overhead throw)</li> </ul>
<b>Week 8 +</b>	<ul style="list-style-type: none"> <li>• Progress strengthening.</li> <li>• Commence plyometrics, starting with slow, low impact loading.</li> </ul>

<b>Sling</b>	Don Joy Aircast
<b>Physiotherapy Follow Up</b>	Within 2 weeks of surgery

Milestones	
<b>Full AROM</b>	6 Weeks
<b>Driving</b>	Once ROM and muscle strength has restored
<b>Light/Sedentary Work</b>	6 weeks
<b>Heavy/Manual Work</b>	12 weeks
<b>Sport</b>	Sport dependent

Patient specific instructions

