

ELBOW MEDIAL LIGAMENT INJURY REHABILITATION

On discharge	<ul style="list-style-type: none"> • Hand and wrist exercises • Active-assisted progressing to active flexion/extension in full supination • Overhead elbow extension with shoulder at 90°, in supination • Commence NWB closed kinetic chain exercises in full supination • Pronation & supination ROM exercises with the elbow at 90° flexion
Weeks 2 – 6	<ul style="list-style-type: none"> • 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 valgus loads on the elbow (eg. Overhead throw)
Week 8+	<ul style="list-style-type: none"> • Progress strengthening • Commence plyometrics, starting with slow, low loads

Milestones	
Full AROM	6 weeks
Driving	When ROM and strength restored; likely 6+ weeks
Work	Desk duties: 6 weeks Manual work: 12+ weeks
Sport	Swimming: 6+ weeks Contact sports: 12+ weeks

RECOMMEND PHYSIOTHERAPY FOLLOW UP WITHIN 2 WEEKS