Dr Pam Boekel
Orthopaedic Surgeon

Shoulder and elbow conditions
General orthopaedic trauma.

ELBOW MEDIAL LIGAMENT RECONSTRUCTION

On discharge	• Observe for signs of infection • Sling for 6 eeks • Bandages can be taken down at 48-72 hours; leave adhesive dressings dry and intact until wound review at 2 weeks • 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	• 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+	• Commence strengthening full kinetic chain • Avoid valgus loads on the elbow (eg. Overhead throw)
Week 8+	• 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

(03) 9132 0232 | info@pamboekel.com | www.pamboekel.com | (03) 9125 2002