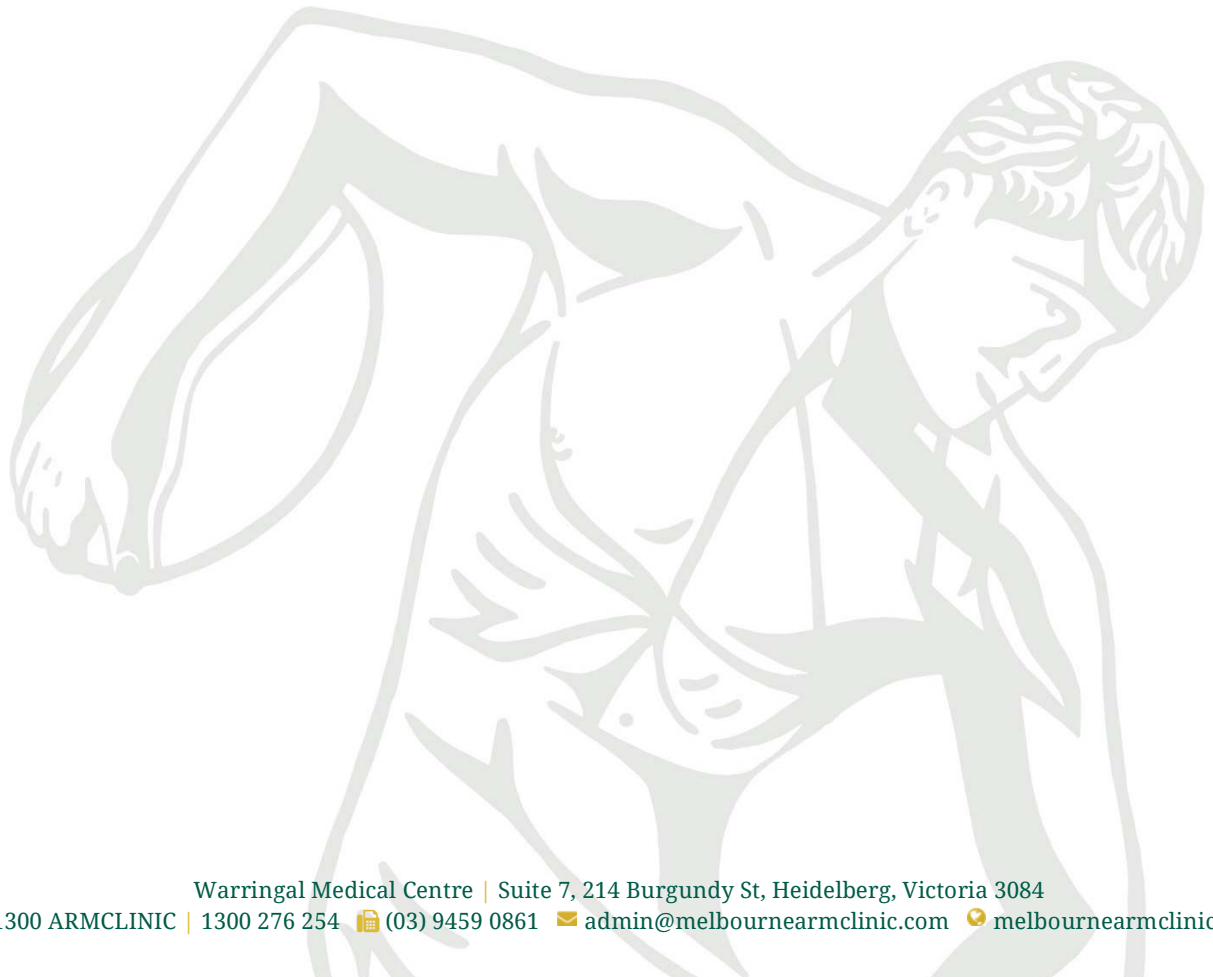




# Scapholunate Ligament Reconstruction/Repair Protocol



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## Scapholunate Ligament Reconstruction/Repair

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MS, FRACS (Orth)  
**Orthopaedic Surgeon**

<b>Sling</b>	<b>When will I go home?</b>	<b>What can I do?</b>	<b>What can't I do?</b>
6 weeks	You will be discharged on the <u>same</u> day as the operation	Rest in plaster/splint	No lifting

### Acute phase (0-2 weeks)

#### **Goals**

- Reduce pain

#### **Rehabilitation**

- Rest in plaster

### Intermediate phase (2-6 weeks)

#### **Goals**

- Control pain

#### **Rehabilitation**

- Change to splint
- Shoulder and elbow range of movement exercises

### Late phase (>6 weeks)

#### **Goals**

- Regain function of wrist
- Regain strength, proprioception and function

#### **Rehabilitation**

- Commence range of movement in wrist with progression from passive to active
- Respect pain at end range flexion/extension
- Focus on active finger flexion and extension
- Improve dart throwers motion
- Hand grip exercises

### Guidelines for return to functional activities

<b>Driving</b>	<b>Lifting</b>	<b>Swimming</b>	<b>Golf</b>
2 weeks	6 weeks	2 weeks	4 weeks