Scapholunate Ligament Reconstruction/Repair Protocol
Scapholunate Ligament Reconstruction/Repair

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<table>
<thead>
<tr>
<th>Sling</th>
<th>When will I go home?</th>
<th>What can I do?</th>
<th>What can’t I do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 weeks</td>
<td>You will be discharged on the same day as the operation</td>
<td>Rest in plaster/splint</td>
<td>No lifting</td>
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**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**

<table>
<thead>
<tr>
<th>Driving</th>
<th>Lifting</th>
<th>Swimming</th>
<th>Golf</th>
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<tbody>
<tr>
<td>2 weeks</td>
<td>6 weeks</td>
<td>2 weeks</td>
<td>4 weeks</td>
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