



Jared M. Mahylis, MD

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Shoulder, Elbow, & Upper Extremity Surgeon

## Scapholunate Ligament Reconstruction Rehabilitation Protocol

**JARED M. MAHYLIS, MD**

Specialty Physicians of Illinois  
Olympia Fields, IL

### **Phase I: (0 to 2 week after surgery)**

Goals: Protect Repair. ensure wound healing.

1. Patients should maintain splint until seen in clinic. You should cover your splint for showing
2. Sutures dissolve on their own.

### **Phase II: (2 to 6 weeks after surgery)**

Goals: Initiate ROM & Protect Repair

1. Maintain cast clean and dry.
2. Remain non-weight bearing. No lifting with the operative arm.

### **Phase III: (6 to 12 weeks after surgery)**

Goal: Initiate ROM.

1. Cast Removed.
2. Stabilization pin removed in clinic.
3. Transition to removeable wrist splint. Maintain for support, but remove for home exercise and hand therapy.
4. Initiate gentle passive and active assisted ROM in all planes. No forceful stretching.
5. Remain Non weightbearing. No axial loading of wrist.
6. Edema treatment and desensitization in therapy.

### **Phase IV: (>3months after surgery)**

Goal: Progress ROM and Initiate strengthening.

1. Initiate slow progressive strengthening under therapy guidance:
  - a. Week 12: 1-2 lbs.
  - b. Week 14: 3-5 lbs.
  - c. Week 16: 5-8 lbs.
  - d. Week 20: > 10bs
  - e. Week 22: Progressive release to full weight
2. Return to gentle activity (light tennis, golf, etc) at 4 months
3. Return to full sport or activity 5-6 months, pending strengthening.