

SLIL Ligament Repair vs Reconstruction

Dr. Lauer

❖ Schedule OT 10-14 days Post-Op (Same day Clinic follow-up).

Time Frame	Treatment	Goals
Phase I Initial Visit+ Same Day Clinic	<ul style="list-style-type: none"> • Evaluate and Treat • Fabricate Exos short arm wrist cock-up orthosis. Educate in splint wear and care. (Wear at all times except exercises and showering) • Instruct in edema management techniques. • Instruct in scar management techniques • Instruct in gentle pain free wrist AROM • Progress through motion as tolerated • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op) <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. 	<ul style="list-style-type: none"> • Edema management • Orthosis wear and care • Scar management` • ROM • HEP
Phase II 6 weeks	<ul style="list-style-type: none"> • Initiate strengthening pending MD evaluation 	<ul style="list-style-type: none"> • Strengthening when indicated by MD