

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