

What To Expect After Elbow Ligament Repair

Day 0-10:

- Prior to leaving the operating room a sling, a bulky bandage and a splint will be applied keeping the elbow bent at 90 degrees.
- **Swelling:** Following discharge from surgery you will go home and rest, elevate your extremity and use ice to bring down swelling for 20 minutes once per hour. It is not unusual to have swelling in the hand and arm with bruising after surgery. It is important to make a full fist with the operative hand, making every joint fully flex and extend many times per day. This will help with the hand swelling.
- **Pain.** You will be sent home with a prescription for pain medications. You should take this for baseline pain and add Motrin or Tylenol for severe pain.
- You may gently roll the wrist so that the hand is facing upward. This will be painful. Do not use pressure. You may roll the wrist palm up as much as you like.
- Physical therapy will begin after the 2 week follow up. Restoration of motion will be slow to return, particularly in supination and pronation.

Day 10 - 6 weeks:

- You will come out of the sling at home, but wear it in public if you wish. This gives people warning that they shouldn't bump into you.
- You may passively bend the arm (flexion) and actively straighten the arm (extension), but this should be very gentle. You may stretch the arm into extension with fingertip pressure only from the other hand. There should be no forceful active stretching or strengthening for 6 weeks.
- No lifting more than the weight of a coffee cup for 6 weeks.

6 weeks to 3 months

- May begin more forceful active range of motion of the arm with gentle strengthening.
- May lift more than the weight of a coffee cup. However, no heavy lifting.

3 months

May begin full capacity strengthening and activities. Lifting as tolerated. However, no heavy lifting (greater than 40 lbs) until 5 months post op.