

Rehabilitation Following an Interosseous Membrane Reconstruction

Rehabilitation	
On Discharge Aims: ✓ D/C independent with exercises ✓ Awareness of importance of early AROM	• Full shoulder movements • Postural and scapular education • Elbow flexion/ extension CKC slides on table as able • Active wrist flexion/extension, as able • Gentle pro and supination as comfortable • Finger wind up and IP/MCP flexion exercises, thumb opposition • Sling for comfort
2 Weeks Aims: ✓ Improve AROM ✓ Use exercise for pain control	• Continue active exercises with gentle encouragement • No stretches • Kinetic chain rehab' (unloaded) • Sling if required for comfort
8 Weeks Aims: ✓ Full AROM ✓ Improve strength	• Kinetic chain rehab' • Functional rehab' • Grip strengthening combined with full kinetic chain/upper limb functional movements
12 + Weeks Aims: ✓ Functional strength ✓ Return to full function/hobbies/work	• Return to full function • Full strengthening of the upper limb

Sling	For comfort - as required
Physiotherapy Follow Up	Within 2 weeks PO

Milestones	
Full AROM	6 weeks
Driving	6 weeks
Light/Sedentary Work	6-8 Weeks
Heavy/Manual Work	12 weeks
Sport	Swimming -8-12 weeks

Patient specific instructions

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