

Scapho-Lunate Reconstruction – Rehabilitation

Reconstruction of the scapho-lunate ligament aims to restore the normal mechanics of the wrist but depends on the reconstructed ligament healing in the correct position. Successful post-operative rehabilitation is a careful balance of protecting the reconstruction but also preventing stiffness in the wrist. Your hand therapist will guide you through this process and tailor your individual rehab program based on your progress.



PHASE	WEEK	GOALS	INSTRUCTIONS
PHASE 1 PROTECT TUBEROSITY REPAIR & PREVENT STIFFNESS	Weeks 0-2	Pain control Protect repairs	Plaster backslab Analgesia Therapist education Finger exercises (Hand 6-pack)
	Weeks 2-8	Protect repair Prevent stiffness Flex/Ext to 30/30	Thermoplastic splint for first 8 weeks Progressive inner wrist ROM - Flex/Ext to 30/30
PHASE 2 INCREASE ROM	Weeks 8-16	Achieve full ROM	Pin removal by surgeon at approximately 8 weeks Progressive AAROM and AROM to full ROM
PHASE 3 STRENGTHENING & CONDITIONING	Months 4-6	Maintain full ROM Early strengthening	Grip strength Progressive resisted wrist exercises Progressive axial load through wrist
PHASE 4 RETURN TO FULL ACTIVITY	Months 6+	Gradual return to full activity Prevent re-injury	Continue previous exercises (increasing resistance) Full activities as tolerated Return to sport guided by therapist