



UNDERSTANDING YOUR SURGERY

Scapholunate Repair & Reconstruction

Overview

The scapholunate ligament connects two key wrist bones. When torn, the wrist becomes painful and unstable. This operation repairs the ligament directly for recent tears, or rebuilds it with a tendon graft for older ones — and helps prevent later wrist arthritis.

About Your Procedure

Why this surgery is recommended

- A scapholunate ligament tear causing pain and weakness
- Wrist instability, often after a fall or sprain
- Preventing the gradual drift and arthritis that follow untreated tears

What happens during surgery

- An incision on the back of the wrist
- Recent tears repaired with sutures and anchors
- Older tears rebuilt using a tendon graft
- Bones may be temporarily pinned to hold alignment while healing

After Your Surgery

- Wrist and thumb in a cast for **8–10 weeks** — no exceptions
- Finger exercises start immediately
- Hand therapy is essential throughout recovery
- After the cast: gradual movement guided by your hand therapist
- No driving for **6 weeks** after surgery

Important precautions:

- The cast must not be removed for 8–10 weeks — the most important restriction in your recovery
- Bending the wrist toward the little finger stresses the repair — avoid it
- Night splinting for 6 months after reconstruction is recommended
- Yearly wrist X-rays help monitor for any later arthritis

Your Recovery at a Glance

WEEKS 0–10

Cast. Finger exercises only.
Strict immobilisation

WEEKS 8–12

Removable splint. Gentle
wrist movement begins

WEEKS 12–20

Progressive wrist and grip
strengthening

MONTHS 5–6

Light sport; heavy work
cleared at 6 months

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
