Post-Op Rehabilitation Protocol: Elbow Lateral Collateral Ligament Reconstruction

Name: ___________________________________ Date: ____________________________

Diagnosis: ___________________________________ Date of Surgery: _______________

Precautions

- Dependent on status of reconstruction and surgeon preference
- No elbow ROM for 2–3 weeks
- Posterior orthosis at 90 degrees flexion with full pronation for 2–3 weeks
- Slow progression of supination, elbow extension and elbow flexion
- A/PROM to protect LCL
- Avoid full elbow extension combined with supinated forearm for up to 16 weeks
- No weight-bearing (CKC) exercises for at least 8–16 weeks
- No excessive flexion for 8–12 weeks
- Unrestricted activity, including sports-specific skills, may be limited for 9 months.

I  Immediate Postoperative Phase (0–3 Weeks)

Goals: Protect healing tissue
Decrease pain and inflammation
Retard muscle atrophy
Protect graft site to allow healing

A  Postoperative Week 1

Brace: Posterior orthosis at 90 degrees elbow flexion and full forearm pronation to control forearm rotation (3–4 weeks)
ROM: Begin gradual wrist ROM

No elbow ROM

Shoulder ROM with brace/orthosis on
Elbow postoperative compression dressing (5–7 days)
Wrist (graft site) compression dressing 7–10 days as needed
Exercises: Gripping exercises
Wrist ROM
Shoulder isometrics (no shoulder ER or IR)
Cryotherapy: To elbow joint and to graft site at wrist

B  Postoperative Week 2–3

Exercises: Continue all exercises listed above
Initiate shoulder ROM

No elbow ROM

Cryotherapy: Continue ice to elbow and graft site

C  Postoperative Week 3

Brace: Remain in orthosis
Exercises: Continue all exercises listed above
II Intermediate Phase (Week 4–6)

Goals: Gradual increase to full ROM
Promote healing of repaired tissue
Regain and improve muscle strength
Restore full function of graft site

A Week 4
Brace: Elbow hinged brace 60–100 (gradually increase elbow flexion and increase extension 15 degrees at 2 week intervals)
Exercises: Begin ROM with neutral or pronated forearm
    Begin light resistance exercise for arm (1 lb)
    Wrist curls, extension
    Elbow extension–flexion
    Progress shoulder program emphasize rotator cuff and scapular strengthening
    Initiate shoulder strengthening with light resistance

B Week 5
ROM: Elbow ROM 45–125 degrees
Remain in hinged elbow brace
Continue all exercises: Progress all shoulder and upper extremity exercises (progress weight 1 lb)

C Week 6
ROM in brace: 30–145 degrees
Exercises: Initiate forearm supination ROM from neutral
    Initiate Thrower's Ten Program
    Progress elbow strengthening exercises
    Initiate shoulder external rotation strengthening
    Progress shoulder program

D Week 7
Brace: Discontinue brace at weeks 6–8
Progress to full elbow ROM
Progress Thrower's Ten Program (progress weights)

III Advanced Strengthening Phase (Week 8)

Goals: Increase strength, power, endurance
Maintain full elbow ROM
Gradually initiate sporting activities

Week 8
Brace: Discontinue hinged brace by end of week 8
Exercises: Initiate eccentric elbow flexion–extension
Continue isotonic program: forearm and wrist
Continue shoulder program—Thrower’s Ten Program
Progress to isotonic strengthening program

Protocol Modifications:

Comments:

Frequency: _____ times per week        Duration: ________ weeks

Signature: _______________________________        Date: ________________