

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

Initiate active ROM shoulder:

- Full can
- Lateral raises
- ER/IR tubing

No forearm supination beyond neutral for 3–6 weeks

- Initiate light scapular strengthening exercise
- May incorporate bicycle for lower extremity strength and endurance

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

A 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: _____