

Post-Operative Instructions Open Elbow Surgery, Lateral Collateral Ligament (LCL) Reconstruction

Day of Surgery

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.
- D. If you have a splint or half cast, you will start PT after the splint is removed in the office at your first postoperative appointment which is usually at 2 weeks

First Post-Operative Day

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

Second Post-Operative Day

- A. Continue icing

Third Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. If you don't have a splint or half cast, you may remove surgical bandage after you shower and apply a waterproof bandage (may be purchased at your local pharmacy) to the wounds. Please ensure that the bandage is large enough to completely cover the incision. Apply a fresh waterproof bandage after each shower. If you have splint you do not need to change anything. Keep extremity dry

Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

Post-Op Rehabilitation Protocol: Elbow Lateral Collateral Ligament Reconstruction

Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

Precautions

- No elbow ROM for 2 weeks
- Elbow brace placed on at first post-operative visit at 2 weeks post-op
- Slow progression of supination, elbow extension and elbow flexion
- A/PROM to protect LCL
- Avoid full elbow extension combined with supinated forearm for 8 weeks
- No weight-bearing (CKC) exercises for minimum 4 month
- Unrestricted activity, including sports-specific skills, limited for 6 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

Postoperative Week 0-2

Posterior splint at 90 degrees elbow flexion (0-2 weeks)

No elbow ROM

Hinged elbow brace placed at 2 weeks post-op after splint is discontinued

II Intermediate Phase (Week 3-7)

Goals:

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

A. Week 3

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

B. Week 4

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

C. 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)

D. 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

E. 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: _____