

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: _____