

## 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:** \_\_\_\_\_