



The Orthopedic Center of St. Louis

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Elbow LCL Repair

Post-Op	Exercises
Weeks 0-2 HEP daily	<ul style="list-style-type: none"> • Reduce inflammation • Immobilization in posterior splint with the arm fully pronated • Sling for 2 to 3 weeks • Ice and modalities to reduce pain and inflammations
Weeks 2-4 PT 2-3x/week HEP daily	<ul style="list-style-type: none"> • Brace setting 30 degrees of extension to full flexion. Maintain full arm pronation • Passive/Active assisted motion 30 degrees of extension gradually moving to full flexion (fully pronated arm) • Active wrist flexion/extension and gripping exercise – 2 weeks • Active pronation/supination at 4 weeks. No aggressive supination stretching • Scapular strengthening exercises
Weeks 4-16 PT 2-3x/week HEP daily	<ul style="list-style-type: none"> • Gradually progress to full extension over the next three months. A five degree extension limitation is acceptable and may provide some protection against recurrence. • 12 weeks – Begin resisted ER/IR, biceps, triceps and wrist/forearm strengthening all planes • 16 weeks – may begin a general strengthening program in the gym with light resistance, progressing as tolerated.