



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 of Shoulder

- Full Can

- Lateral Raises

- ER/IR Tubing

No Forearm supination beyond neutral for 3–6 weeks

Initiate light Scapular Strengthening

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 progra