

POST-OPERATIVE REHABILITATION PROTOCOL FOLLOWING ELBOW LATERAL COLLATERAL LIGAMENT RECONSTRUCTION (LCL)

Therapist _____

PRECAUTIONS:

- No elbow ROM for 3 weeks
- Posterior splint at 90 degrees flexion with full pronation for 3 weeks
- Slow progression with supination, elbow extension & elbow flexion to protect LCL
- No weight bearing (CKC) exercises for 8-12 weeks
- Remove posterior splint at 14 days to remove stitches and then reapply the posterior splint
- Continue to wear posterior splint for 21 days

I. IMMEDIATE POST-OPERATIVE PHASE (0-3 WEEKS)

GOALS:

Protect healing tissue

Decrease pain/inflammation

Retard muscular atrophy

Protect graft site - allow healing

A. POST-OPERATIVE WEEK 1

- Brace: Posterior splint at 90 degrees elbow flexion and full wrist pronation to control wrist rotation (3-4 weeks)
- Range of Motion:
 - **NO ELBOW ROM**
 - Shoulder ROM
- Elbow postoperative compression dressing (14 days)
- Wrist (graft site) compression dressing 14 days as needed
- Exercises:
 - Gripping exercises
 - Shoulder isometrics (No Shoulder ER)
- Cryotherapy: To elbow joint and to graft site at wrist

B. POST-OPERATIVE WEEK 2-3

- Exercises:
 - Continue all exercises listed above
 - Shoulder ROM
 - **NO ELBOW ROM**
- Cryotherapy: Continue ice to elbow and graft site

C. POST-OPERATIVE WEEK 3

- Brace: Remain in immobilizer
- Exercises:
 - Continue all exercises listed above
 - Initiate active ROM shoulder;
 - Full can
 - Lateral raises
 - ER/IR tubing
 - **no supination 3-6 weeks**
 - Initiate light scapular strengthening exercises
 - May incorporate bicycle for lower extremity strength & endurance
- **Put in Post-Op Range of Motion Brace. Block last 30 degrees of flexion for 3 weeks**

II. INTERMEDIATE PHASE (WEEK 4-7)

GOALS:

Gradual increase to full ROM

Promote healing of repaired tissue

Regain and improve muscular strength

D. POST-OPERATIVE WEEK 7:

- Full ROM