
Post-Operative Rehabilitation Protocol Following Elbow Lateral Collateral Ligament Reconstruction (LCL)

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

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

Post-Operative Week 2-3

Exercises: Continue all exercises listed above
Shoulder ROM
NO ELBOW ROM

Cryotherapy: Continue ice to elbow and graft site

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

Post-Operative Week 7:

Full ROM