

**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  
No excessive flexion for 8 weeks

**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 (3-4wks)

Range of Motion: Begin gradual wrist ROM

**No ELBOW ROM**  
Shoulder ROM

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. Post-Operative Week 2-3**

Exercises:       Continue all exercises listed above  
                      Initiate 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 wks

Initiate light scapular strengthening exercises  
May incorporate bicycle for lower extremity strength & endurance

## II. **INTERMEDIATE PHASE (Week 4-7)**

Goals: Gradual increase to full ROM  
Promote healing of repaired tissue  
Regain and improve muscular strength  
Restore full function of graft site

### A. **Week 4**

Brace: Elbow Hinged ROM Brace 30-100 (gradual increase elbow flexion)

Exercises: Begin PROM with neutral or in pronation  
Begin light resistance exercises for arm (1 lb)  
- Wrist curls, extensions, pronation, supination  
- Elbow extension/flexion  
Progress shoulder program emphasize rotator cuff and scapular strengthening  
Initiate shoulder strengthening with light dumbbells

### B. **Week 5**

ROM: Elbow ROM 30-125 degrees  
Remain in ROM Brace

Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

### C. **Week 6**

AROM & PROM in Brace: 30-135 degrees

Exercises: Initiate Thrower's Ten Program  
Progress elbow strengthening exercises  
Initiate shoulder external rotation strengthening  
Progress shoulder program

### D. **Week 7**

Brace: Discontinue Brace at end of Week 6  
Progress to full 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

### **Week 8**

Exercises: Initiate eccentric elbow flexion/extension  
Continue isotonic program: forearm & wrist  
Continue shoulder program – Thrower's Ten Program  
Progress to isotonic strengthening program