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Physical Therapy Elbow: Lateral Collateral Ligament Reconstruction/Repair

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.

Immediate Postoperative Phase (0–3 Weeks) Goals: Protect healing tissue Decrease pain and inflammation

Retard muscle atrophy Protect graft site to allow healing

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

Postoperative Week 2–3

Exercises: Continue all exercises listed above

Initiate shoulder ROM **No elbow ROM**

Cryotherapy: Continue ice to elbow and graft site

Postoperative Week 3 Brace: Remain in orthosis Exercises: Continue all exercises listed above

Initiate active ROM shoulder: Full can Lateral raises ER/IR tubing **No forearm supination beyond neutral for 3–6 weeks**

Initiate light scapular strengthening exercise

May incorporate bicycle for lower extremity strength and endurance

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

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

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)

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

Week 7 Brace: Discontinue brace at weeks 6–8 Progress to full elbow ROM Progress Thrower's Ten Program (progress weights)

Advanced Strengthening Phase (Week 8) Goals: Increase strength, power, endurance, Maintain full elbow ROM Gradually initiate sporting activities

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 program