

ELBOW LATERAL COLLATERAL LIGAMENT RECONSTRUCTION (LCL)

PRECAUTIONS:

- limit elbow ROM 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 6 weeks

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 (1 wk). Transition to elbow sling, can utilize elbow while in sling.
- Range of Motion:
 - Begin gradual wrist ROM
 - limit ELBOW ROM
 - Shoulder ROM
- Exercises:
 - Gripping exercises
 - Wrist ROM
 - Shoulder isometrics (No Shoulder ER or IR)
- Cryotherapy: To elbow joint

Post-Operative WEEK 2-3

- Transition to elbow sling, can utilize elbow while in sling.
- Exercises:
 - Continue all exercises listed above
 - Initiate shoulder ROM
 - Slowly begin light ELBOW ROM –goal of full motion is by 6-8 weeks.
- Cryotherapy:
 - Continue ice to elbow and graft site

Post-Operative WEEK 3:

- **Exercises:**
 - Continue all exercises listed above
 - Initiate active ROM shoulder
 - Full can
 - Lateral raises
 - ER/IR tubing
 - no supination 3 weeks
 - Initiate light scapular strengthening exercises
 - May incorporate bicycle for lower extremity strength & endurance

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

WEEK 4

- **Brace:**
 - Discontinue sling.
- **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

WEEK 5

- ROM:
 - Elbow ROM goals 15-125 degrees
- Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

WEEK 6

- AROM & PROM: full
- Exercises:
 - Initiate Thrower's Ten Program
 - Progress elbow strengthening exercises

- Initiate shoulder external rotation strengthening
- Progress shoulder program

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 – Fundamental shoulder/Thrower's Ten Program
 - Initiate 2-hand plyometric drills
 - Initiate 1-hand plyometric drills

WEEK 10-12

- Advanced Throwers 10 program
 - Initiate Interval Sport Program

WEEK 14-16 (physician discretion)

- Return to competition WEEK 20-24 (physician discretion)