

## 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