

***Elbow Lateral Collateral Ligament Repair/Reconstruction Protocol***

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_ Next Physician Appointment: \_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Week 0-2:

- Splint in pronation
- Gentle hand ROM as tolerated
- Active shoulder ROM

\_\_\_\_ Weeks 2-6:

- Remove splint, place in unlocked hinged elbow brace from 70-100
  - Advance brace settings 10 degrees each week
- Advance ROM - passive motion as tolerated to AAROM
  - Work on pronation/supination with elbow in max flexion
  - Work on flexion/extension with forearm in pronation
- **Avoid combined supination/extension. Avoid varus stress to elbow. Avoid shoulder abduction out of brace (applies varus stress).**
- Hand/wrist ROM. Avoid resisted wrist extension

\_\_\_\_ Weeks 6-12:

- Discontinue hinged elbow brace
- Advance ROM as tolerated with terminal stretching. Forearm/elbow position restrictions removed. Goal full ROM by week 10-12.
- Extension splinting at night if needed
- Begin wrist/elbow strengthening
- **Avoid shoulder strengthening in abduction (applies varus stress to elbow)**

\_\_\_\_ Weeks 12-16:

- Ensure full ROM
- Discontinue extension splinting
- Advance strengthening as tolerated
- Return to sport or activities

Comments:

\_\_\_\_ Teach Home Exercise Program

Modalities

\_\_\_\_ Heat before \_\_\_\_ Ice after \_\_\_\_ Other \_\_\_\_\_ \_\_\_\_\_ Therapist's discretion

Signature \_\_\_\_\_