



Elbow - Lateral Collateral Ligament (LCL) Repair Post Operative Protocol

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Phase I - Maximum Protection (0 to 14 Days)

- Reduce inflammation
- Immobilization in posterior splint with the arm fully pronated
- Sling for 2 to 3 weeks
- Ice and modalities to reduce pain and inflammations

Phase II – Progressive Range of Motion (2 to 4 Weeks)

- Brace setting 30 degrees of extension to full flexion. Maintain full arm pronation
- Passive/Active assisted motion 30 degrees of extension gradually moving to full flexion (fully pronated arm)
- Active wrist flexion/extension and gripping exercise – 2 weeks
- Active pronation/supination at 4 weeks. No aggressive supination stretching
- Scapular strengthening exercises!

Phase III – Progressive Range of Motion and Early Strengthening (4 to 16 weeks)

- Gradually progress to full extension over the next three months. A five degree extension limitation is acceptable and may provide some protection against recurrence.
- 12 weeks - Begin resisted ER/IR, biceps, triceps and wrist/forearm strengthening all planes
- 16 weeks – may begin a general strengthening program in the gym with light resistance, progressing as tolerated.

Phase IV – Advanced Strengthening and Plyometric Drills (Weeks 6 to 10)

- Patient is allowed to free activity as tolerated while avoiding varus stress.
- May return to unrestricted activity at one year