

**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

**A. 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

**B. Post-Operative Week 2-3**

Exercises: Continue all exercises listed above  
Shoulder ROM  
**NO ELBOW ROM**

Cryotherapy: Continue ice to elbow and graft site

**C. Post-Operative Week 3**

Brace: Remain in immobilizer

Exercises: Continue all exercises listed above

Initiate active ROM shoulder;

- I -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

**D. Post-Operative Week 7:**

Full ROM