



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: Elbow Lateral Collateral Ligament Reconstruction**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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

**Date of Surgery:** \_\_\_\_\_

**Precautions**

- Dependent on status of reconstruction and surgeon preference
- No elbow ROM for 2–3 weeks
- Posterior orthosis at 90 degrees flexion with full pronation for 2–3 weeks
- Slow progression of supination, elbow extension and elbow flexion
- A/PROM to protect LCL
- Avoid full elbow extension combined with supinated forearm for up to 16 weeks
- No weight-bearing (CKC) exercises for at least 8–16 weeks
- No excessive flexion for 8–12 weeks
- Unrestricted activity, including sports-specific skills, may be limited for 9 months.

**Immediate Postoperative Phase (0-3 weeks)**

**Goals:** Protect healing tissue, decrease pain and inflammation, retard muscle atrophy, protect graft site to allow healing

**Week 1**

**Brace:** Posterior splint at 90 degrees elbow flexion and full forearm pronation to control forearm rotation (3-4 weeks)

**ROM:** Begin gradual wrist ROM, **NO elbow ROM**, shoulder ROM with brace/orthosis on

**Exercises**

- Gripping
- Wrist ROM
- Shoulder isometrics (no shoulder ER/IR)

**Week 2-3**

**Exercises:** Continue all exercises above, **No elbow ROM**, initiate shoulder ROM

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407

### Week 3

**Brace:** Remain in brace

#### **Exercises**

- Continue all exercises above
- Initiate active ROM of shoulder
- **No forearm supination beyond neutral for 3-6 weeks**
- Initiate light scapular strengthening exercises
- May incorporate bicycle for lower extremity strength and endurance

### Intermediate Phase (Weeks 4-6)

**Goals:** gradual increase to full ROM, promote healing of repaired tissue, regain and improve muscle strength, restore full function of graft site

### Week 4

**Brace:** Elbow hinged brace 60-100 (gradually increase elbow flexion and increase extension 15 degrees at 2 week intervals)

#### **Exercise:**

- Begin ROM with neutral or pronated forearm
- Begin light resistance exercise for arm (1lb)
  - Wrist curls/extension
  - **Elbow extension/flexion**
- Progress shoulder program: emphasis rotator cuff and scapular strengthening
- Initiate shoulder strengthening with light resistance

### Week 5

**ROM:** 45-145 degrees

Remain in hinged elbow brace

Continue all exercises: progress all shoulder and upper extremity exercises (progress weight 1 lb)

### Week 6

**ROM in brace:** 30-145 degrees

#### **Exercises:**

- Initiate forearm supination ROM from neutral
- Initial Throwers Ten Program
- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening
- Progress shoulder program

### Week 7



**Brace:** Discontinue brace at weeks 6-8

**Progress to full elbow ROM**

Progress Throwers Ten Program (progress weights)

**Advanced Strengthening Phase (Week 8 and beyond)**

**Goals:**

- Increase strength, power, and endurance
- Maintain full elbow ROM
- Gradually initiate sporting activities

**Brace:** discontinue brace by end of week 8 if not already discontinued

**Exercises:**

- Initiate eccentric elbow flexion/extension
- Continue isotonic program: forearm and wrist
- Continue shoulder program: Thrower's Ten Program
- Progress to isotonic strengthening program

**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_