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Rehabilitation Protocol Lateral Collateral Ligament Reconstruction

Phase I: Early ROM, Protect Repair (0 to 6 weeks)

- Splint and postop dressing remains in place for the first week
- Molded splint (70-80 degrees flexion) is to be worn during day and night (after the initial dressing removed)
- Initiate elbow exercise program 5 times per day:
 - Passive and active elbow ROM to full flexion
 - Elbow extension to 30 (with forearm pronated)
 - Forearm pronation/supination ROM with elbow at 90 degrees flexion
- Grip and wrist/hand AROM immediately
- Avoid terminal 30 degrees extension, perform supination ROM only with the elbow flexed to 90 degrees

Phase II: Full ROM and function (>6weeks)

- Discontinue night splint
- Advance ROM:
 - Full elbow and forearm ROM
 - Terminal elbow extension performed with the forearm neutral or pronated until 3 months
- Initiate elbow and forearm strengthening
- Avoid varus forces across the elbow until 3 months postop
- Avoid activities creating axial load to involved extremity until 3 months postop

Return to Activities

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Run	8 weeks
Golf	4 months
Tennis	4 months
Progressive Throwing	4 months
Weight lifting	4 months
Contact sports	6 months