



Rehabilitation Protocol Lateral Collateral Ligament Reconstruction

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PHASE I: EARLY ROM & PROTECT REPAIR

(0 to 6 weeks)

- Splint and post-op dressing remains in place for the first week.
- Sutures will be removed by surgeon in 7-10 days.
- Night splint (60 degrees flexion) is to be worn at 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
- 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

PHASE II: FULL ROM AND FUNCTION

(>6 weeks)

- 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 post-op.
- Avoid activities creating axial load to involved extremity until 3 months post-op.