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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.
- Sutures will be removed by surgeon in 10-14 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
- 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 (*>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 postop.
- Avoid activities creating axial load to involved extremity until 3 months postop.