

Adam Seidl, MD
Assistant Professor
Shoulder/Elbow Surgery
Department of Orthopedics
University of Colorado



Orthopedics
UNIVERSITY OF COLORADO

Highlands Ranch Hospital
(720) 516-4090
Inverness
(303) 694-3333
Anschutz Medical Campus
(720) 848-1900

Rehabilitation Protocol Lateral Collateral Ligament Repair

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

- Splint and postop dressing remains in place for the first week.
- Hinged Elbow Brace worn at all times (after the initial dressing removed)
- Avoid varus forces across the elbow until 3 months postop.
- Initiate elbow exercise program 5 times per day:
 - Passive and active elbow ROM to full flexion
 - Elbow extension to 30 (with forearm pronated) week 2
 - Elbow extension to 20 (with forearm pronated) week 3
 - Elbow extension to 10 (with forearm pronated) week 4
 - Elbow extension to 0 (with forearm pronated) week 5
 - Forearm pronation/supination ROM with elbow at 90 degrees flexion
- Grip and wrist/hand AROM immediately.
- Perform supination ROM only with the elbow flexed to 90 degrees.

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

- Advance ROM:
 - Full elbow and forearm ROM out of HEB
 - 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.