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**POST-OPERATIVE REHABILITATION PROTOCOL FOLLOWING  
ELBOW LATERAL COLLATERAL LIGAMENT  
RECONSTRUCTION (LCL)**

**PRECAUTIONS:** No elbow ROM for 3 weeks  
Posterior splint at 90 degrees flexion  
with full pronation for 3 weeks  
Slow progression with supination,  
elbow extension & elbow flexion to  
protect LCL  
No weight bearing (CKC) exercises for  
8-12 weeks  
No excessive flexion for 8 weeks

**I. IMMEDIATE POST-OPERATIVE PHASE (0-3 WEEKS)**

Goals: Protect healing tissue  
Decrease pain/inflammation  
Retard muscular atrophy  
Protect graft site – allow healing

**A. Post-Operative WEEK 1**

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

**Range of Motion:** Begin gradual wrist ROM  
**No ELBOW ROM**  
Shoulder ROM

Elbow postoperative compression dressing (5-7 days)  
Wrist (graft site) compression dressing 7-10 days as  
needed

**Exercises:** Gripping exercises  
Wrist ROM  
Shoulder isometrics (No Shoulder ER or  
IR)

**Cryotherapy:** To elbow joint and to graft site at wrist

## Post-Operative WEEK 2-3

Exercises: Continue all exercises listed above  
Initiate shoulder ROM  
**NO ELBOW ROM**

Cryotherapy: Continue ice to elbow and graft site

### **C. Post-Operative WEEK 3:**

Brace: Remain in immobilizer

Exercises: Continue all exercises listed above  
Initiate active ROM shoulder;  
-Full can  
-Lateral raises  
-ER/IR tubing

**\* no supination 3-6 wks**

Initiate light scapular strengthening exercises  
May incorporate bicycle for lower extremity strength & endurance

## **II. INTERMEDIATE PHASE (WEEK 4-7)**

Goals: Gradual increase to full ROM  
Promote healing of repaired tissue  
Regain and improve muscular strength  
Restore full function of graft site

### **A. WEEK 4**

Brace: Elbow Hinged ROM Brace 30- 100 (gradual increase elbow flexion)

Exercises: Begin PROM with neutral or in pronation  
Begin light resistance exercises for arm (1 lb)  
- Wrist curls, extensions, pronation, supination  
- Elbow extension/flexion

Progress shoulder program emphasize rotator cuff and scapular strengthening  
Initiate shoulder strengthening with light dumbbells

### **B. WEEK 5**

ROM: Elbow ROM 30-125 degrees  
Remain in ROM Brace

Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

### **WEEK 6**

AROM & PROM in Brace: 30-135 degrees

Exercises: Initiate Thrower's Ten Program  
Progress elbow strengthening exercises  
Initiate shoulder external rotation strengthening  
Progress shoulder program

### **WEEK 7**

Brace: Discontinue Brace at end of Week 6  
Progress to full ROM  
Progress Thrower's Ten Program (progress weights)

## **III. ADVANCED STRENGTHENING PHASE (WEEK 8)**

Goals: Increase strength, power, endurance  
Maintain full elbow ROM  
Gradually initiate sporting activities

### **WEEK 8**

Exercises: Initiate eccentric elbow flexion/extension  
Continue isotonic program: forearm & wrist  
Continue shoulder program – Fundamental shoulder/Thrower's Ten Program  
Initiate 2-hand plyometric drills  
Initiate 1-hand plyometric drills WEEK 10-12  
-Advanced Throwers 10 program  
Initiate Interval Sport Program WEEK 14-16 (physician discretion)  
Return to competition WEEK 20-24 (physician discretion)