

ELBOW LATERAL COLLATERAL LIGAMENT REPAIR/RECONSTRUCTION PHYSICAL THERAPY REFERRAL

Patient Name: _____ Date: _____

PT /OT 2-3 visits per week for 10-12 weeks

Phase 1 – Maximum Protection (0 to 14 Days)

- Reduce inflammation.
- Immobilization in posterior splint
- Sling for comfort. Gentle shoulder pendulum ROM
- Ice and modalities to reduce pain and inflammation
- Active finger ROM
- NON WEIGHTBEARING IN ARM FOR 6 WEEKS
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Phase 2 – Transition to brace and improve ROM (Weeks 2 - 8)

- Maintain brace until end of week 6. All flexion/extension ROM in Brace.
- Week 3: **30-100°** ROM arc
- Week 4: **15-100°** ROM arc
- Week 5: **10-120°** ROM arc
- Week 6: **0-130°** ROM arc
- May begin pronation supination week 3. Full pronation and supination **at 90° of flexion only**
- Avoid all valgus positions and valgus stress on elbow (shoulder **AB**duction)
- May do shoulder ROM while in brace
- Begin scapular stabilization exercises, as well as hand and wrist ROM as tolerated

Phase 3 – Begin Strength Regimen (Weeks 8 -16)

- Elbow ROM should be normal by week 10. A 5° loss of extension is acceptable. If abnormal, consult operating surgeon.
- Increase overall strength and endurance. Begin early level plyometrics.
- Progressive isometrics for shoulder and elbow strengthening with the arm <45° abducted
- Initiate eccentric elbow flexion strengthening
- Assess shoulder mobility and address any imbalances (such as posterior capsular tightness (which may prevent optimal throwing biomechanics in the next phase
- Manual resistance diagonal patterns
- Hip, lower extremity and core strengthening
- Scapular strengthening and stabilization

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Advanced Shoulder and Elbow Reconstruction,
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Phase 4 – Return to Sport (Weeks 16 - 32)

- Multi joint, multi-planar strengthening program
- Shoulder and elbow stabilization and proprioceptive drills
- Initiate interval throwing program, progressing to a position specific throwing program around week 28 if the athlete has no pain or problems with the baseline throwing program
- Initiate sport specific return program
- Manual resistance diagonal patterns
- Hip, lower extremity and core strengthening

*Plyometric progressions (over several weeks); transition from 2 arms in the sagittal plane, progressing to 1 arm sagittal plane to 2 arm rotational movements to 1 arm rotational movement

*There should be no pain while throwing or doing sport specific drills

Signature _____ Date _____

Renew Therapy _____ Date _____