

**ELBOW RADIAL
COLLATERAL LIGAMENT
RECONSTRUCTION /
REPAIR**



**CRYSTAL CLINIC
ORTHOPAEDIC CENTER**

Post-op protocol for *Daniel Myer, M.D.*

Maximum Protection (0 to 10 Days):

- Reduce inflammation
- Immobilization in posterior splint
- Sling for 2 to 3 weeks while in splint / brace
- Ice and modalities to reduce pain and inflammation

Phase II – Progressive Range of Motion (2 to 4 weeks):

- Start with hinged brace setting 30 degrees of extension to full flexion.
Error on protecting arm – keep in pronation (more important with repair than reconstruction)
- Passive/Active assisted motion 30 degrees of extension gradually moving to full flexion (fully pronated arm)
- Active wrist flexion/extension and gripping exercise – 2 weeks
- Active pronation/supination at 4 weeks. No aggressive supination stretching
- Scapular strengthening exercises
- **BRACE: after 3 weeks go to extension block of 20, after 4 weeks go to 10 and full extension by 5 weeks**

Phase III – Progressive Range of Motion and Early Strengthening (4 to 16 weeks):

- Gradually progress to full extension over the next three months. A five degree extension limitation is acceptable and may provide some protection against recurrence.
- 12 weeks - Begin resisted ER/IR, biceps, triceps and wrist/forearm strengthening all planes
- 16 weeks – may begin a general strengthening program in the gym with light resistance, progressing as tolerated.

Phase IV – Progressive Strengthening 6-12 months:

- Patient is allowed to free activity as tolerated while avoiding varus stress
- May begin throwing program at 6 months
- May return to unrestricted activity at one year