



## **Duke Orthopaedics: Upper Extremity Division**

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### **Lateral Collateral Ligament Elbow Reconstruction**

#### **Phase 1 (0-4 weeks): Early ROM & Protect/Repair**

##### **GENERAL PRECAUTIONS AND GUIDELINES**

- Splint/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 night and day (after initial dressing is removed)

##### **EXERCISES**

- Initiate elbow exercise program 5x/day
- Passive and active elbow ROM to full flexion
- Elbow extension to 30 degrees with forearm pronated
- Forearm pronation/supination ROM with elbow at 90 degrees flexion only
- Grip and wrist/hand AROM immediately
- Avoid terminal 30 degrees extension

#### **Phase 2 (>6 weeks): Full ROM & Function**

- 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