

LCL Reconstruction/Lateral and Posterior Capsular Repair

****The orthopedic surgeon will most commonly hold physical therapy for 2 weeks for these patients and keep them locked at 90 degrees of elbow flexion**

****No active or passive supination to protect the lateral joint capsule and newly reconstructed LCL for 4 full weeks**

POST OP WEEK 3 (DAYS 15-21):

****Open brace 30-105 degrees, or to PROM limits if less than this range****

PROM:

- Elbow flexion to tolerance in a neutral and pronated forearm position
- Elbow extension to tolerance in a neutral and pronated forearm position
- Wrist flexion, extension and pronation as tolerated
- SUPINATION ONLY TO NEUTRAL

- Shoulders shrugs
- Scapular squeezes
- Elbow flexion and extension AAROM with assist of non-operated arm in a neutral and pronated forearm position
- AROM wrist flexion, extension, radial deviation, ulnar deviation and forearm pronation

POST OP WEEK 4 (DAYS 22-28):

****Open the brace 15-130 degrees****

PROM: Continue to progress elbow flexion and extension in a neutral and pronated forearm position

- Initiate midrange bicep and triceps isometrics
- Wrist flexion, extension, radial and ulnar deviation isometrics
- Forearm pronation isometrics

POST OPWEEK5(DAYS29-35):

****Openbrace to allow full range of motion****

PROM: Continueto progress workingto full range of motion
Initiate low loadingtechniques for elbowextension if needed

- Multi-angleisometrics ofbicepsand triceps
- Isometric shoulderER andIR

POST OPWEEK6(DAYS36-42):

****D/C use of thebrace****

PROM:

Continueworkingtowards fullelbowrange of motion
Initiate stretchingof forearm into a supinated position
Begin elbowflexion and extension PROM withforearmsupinated

- AROM supination
- Isometric forearm supination
- Wrist flexion, extension,radialand ulnar deviation with theraband resistance
- Proneextension
- Pronerows
- StandingshoulderPRE's

POST OPWEEK7:(Day 43-49)

- Supination and Pronation with theraband resistance
- Bicepcurls withtherabandstartingwith forearm inneutral position
- Tricep extensions prone with weight as toleratedandoverpressureat endrange
- Pronehorizontal abduction
- Proneflexion at 135 degree angleawayfrombodywith thumb up
- StandingshoulderIR/ERwith theraband

POST OPWEEK8:(Day 50-56)

- UBE
- Bicepcurls with theraband in supinatedand pronated forearm positions
- Standingbilateral shoulder extensions and rows with therabandresistance

POST OPWEEK9:(Day 57-63)

- Tricepkickbackwith theraband, progressingto dumbbell weights as tolerated
- Triceppressdown
- Progressbicep curls to dumbbellweights
- Pronehorizontal abduction with shoulderin internal and externallyrotatedpositions

POST OPWEEK10:(Day 64-70)

- SidelyingER

**Afterweek 10, the patientneeds to progress theresistanceandweight of the currentexercisand ensuretheyhave full rangeof motion ofthe wrist,forearm, elbow andshoulder in preparation formoresport specific exercises

POST OPWEEK12:(Day 78-84)

- Initiate useof upper extremityweight machines (i.e. rowandlat pulldowns)
- 90/90 ER andIR with theraband

POST OPWEEKS 15-18:(Day99-126)

- ER/IRtherabandplyoat90 degreesofabduction
- Week 15-2 handplyos: chest pass
overhead
throwrotationw
oodchoptriceps
lam
- Week 16-1 handplyos: 90/90 and semicircle wall dribbles
kneelingD2kneeling
ER flips
- Week 17-15 ftweightedthrow for mechanics with weightedball
Initiate hitting (start withdryswings, then progress to hittingoffa
tee,followedbysoft toss, andfinallylive hitting)

POST OPWEEK18:(Day 120-126)

- Initiate interval throwing program

