

Center for Athletic Medicine
Dr. Preston Wolin
Lateral Collateral Ligament (elbow) Reconstruction/Repair Protocol

~Please call 773.248.4150 with any and all questions~

0-2 weeks:

Posterior mold x two weeks until sutures removed. At suture removal appointment, the mold will be removed and a brace will be fit. The brace will be initially set at 30 degrees extension to full flexion.

2-6 weeks:

Keep the elbow brace on at all times except for showering for the next 6 weeks. Brace is to remain set at 30 degrees of extension but allowing full flexion. P.T. will consist only of PROM and AAROM with elbow in brace. Hold off on supination and pronation at this time.

6-12 weeks:

Progress to FROM with brace on and open to full extension and flexion. Begin PROM/AROM supination and pronation at this time.

>12 weeks:

No restrictions on motion.
Begin strength at this time.

*****If a patient is not progressing, please call the office for recommendations*****