Arakua Welbeck, MD

Elbow Lateral Collateral Ligament Reconstruction

Midwest Orthopaedic Center - Peoria, IL

	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-6 weeks **2x/week**	Splint and dressings removed 1 week post-op X-Act ROM brace: 30° extension to full flexion; hinged during the day; Locked at 70-80° at night No lifting Avoid shoulder abduction position Avoid Varus force across elbow for 3 months	Remove splint for exercises Avoid terminal 30° Elbow Extension Full elbow flexion Forearm Pronation/Supination with elbow at 90°	HEP: 5x/day: Immediate Finger/Grip, Wrist AROM exs After first post-op visit: Full Flexion passive and active ROM Elbow Extension to 30° with forearm pronated only
Phase 2: 6-12 weeks **2-3x/week**	D/C brace Avoid full extension with supination for 3 months Avoid Varus force across elbow for 3 months Avoid axial loading for 3 months	Full elbow and Forearm ROM Terminal extension only performed with forearm in neutral or pronated for 3 months	Continue AROM exs. Begin ADL's Low-load, long-duration stretches if lacking extension (forearm pronated only) Initiate Elbow, forearm, shoulder PRE's (avoid elbow varus stress) No axial loading Scar management
Phase 3: 12+ weeks **2-3x/week**	none	Full AROM	Continue aggressive stretching if lacking ROM Begin closed chain loading Begin double arm plyometrics and rhythmic stabilization exs.

MD post op appts: 1 weeks, 6 weeks, 12 weeks;
Please send OT progress notes prior to each of these MD appts.
This protocol is not a substitute for clinical decision making of the health care professional.
Please see OT referral for any specific post op instructions; Call for op-reports if needed.

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