

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

- Shoulder 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 tricep isometrics
- Wrist flexion, extension, radial and ulnar deviation isometrics
- Forearm pronation isometrics

POST OP WEEK 5 (DAYS 29-35):

****Open brace to allow full range of motion****

PROM: Continue to progress working to full range of motion
Initiate low loading techniques for elbow extension if needed

- Multi-angle isometrics of biceps and triceps
- Isometric shoulder ER and IR

POST OP WEEK 6 (DAYS 36-42):

****D/C use of the brace****

PROM: Continue working towards full elbow range of motion
Initiate stretching of forearm into a supinated position
Begin elbow flexion and extension PROM with forearm supinated

- AROM supination
- Isometric forearm supination
- Wrist flexion, extension, radial and ulnar deviation with theraband resistance
- Prone extension
- Prone rows
- Standing shoulder PRE's

POST OP WEEK 7: (Day 43-49)

- Supination and Pronation with theraband resistance
- Bicep curls with theraband starting with forearm in neutral position
- Tricep extensions prone with weight as tolerated and overpressure at end range
- Prone horizontal abduction
- Prone flexion at 135 degree angle away from body with thumb up
- Standing shoulder IR/ER with theraband

POST OP WEEK 8: (Day 50-56)

- UBE
- Bicep curls with theraband in supinated and pronated forearm positions
- Standing bilateral shoulder extensions and rows with theraband resistance

POST OP WEEK 9: (Day 57-63)

- Tricep kickback with theraband, progressing to dumbbell weights as tolerated
- Tricep pressdown
- Progress bicep curls to dumbbell weights
- Prone horizontal abduction with shoulder in internal and externally rotated positions

POST OP WEEK 10: (Day 64-70)

- Sidelying ER

**After week 10, the patient needs to progress the resistance and weight of the current exercises and ensure they have full range of motion of the wrist, forearm, elbow and shoulder in preparation for more sport specific exercises

POST OP WEEK 12: (Day 78-84)

- Initiate use of upper extremity weight machines (i.e. row and lat pulldowns)
- 90/90 ER and IR with theraband

POST OP WEEKS 15-18:(Day 99-126)

- ER/IR theraband plyo at 90 degrees of abduction
- Week 15- 2 hand plyos: chest pass
overhead throw
rotation
woodchop
tricep slam
- Week 16- 1 hand plyos: 90/90 and semicircle wall dribbles
kneeling D2
kneeling ER flips
- Week 17- 15 ft weighted throw for mechanics with weighted ball
Initiate hitting (start with dry swings, then progress to hitting off a tee, followed by soft toss, and finally live hitting)

POST OP WEEK 18: (Day 120-126)

- Initiate interval throwing program

