



WAYPOINT

ORTHOPAEDIC ASSOCIATES

LATERAL COLLATERAL LIGAMENT RECONSTRUCTION REHABILITATION PROTOCOL

0 - 3 WEEKS	In Cast
3 – 6 WEEKS	In Hinged Elbow Brace for Protection Vertical motion only No lifting Avoid VARUS stress May begin active and active-assist range of motion exercises at 3 weeks working toward full AROM Shoulder ROM exercises and strengthening may be done several times daily keeping elbow safely in a vertical position
6 – 12 WEEKS	May begin activities of daily living with affected hand May begin ISOMETRIC strengthening of the arm, hand, and wrist in a hinged Elbow Brace (unlocked) Hinged Elbow brace while in public (where the arm might be accidentally hit or bumped)
After 12 WEEKS	May continue active and active-assist range of motion exercises with unlimited strengthen