

## **LUCL Repair or Reconstruction Rehab Protocol**

### **Post-op visits:**

- 2w, 6w, 12w, 6m, 12m

### **Xrays:**

- Will be done at each visit

### **Physical therapy:**

- Therapy prescription will be provided at your 2-week appointment

### **Restrictions:**

- Motion restrictions:
  - **All motion exercises before week 8 should be done with the patient supine and humerus elevated (pointed towards ceiling)**
  - **Avoid varus stresses across elbow for three months (avoid shoulder abduction)**

| <b>Weeks</b>  | <b>Immobilization / Weight limit</b>                                                                         | <b>Range of Motion</b>                                                                                                                                                                               | <b>Exercises</b>                                                                                                        |
|---------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>0 – 2</b>  | * Splint in position of stability<br>* Avoid varus stress                                                    | * No elbow motion; okay for hand/wrist motion                                                                                                                                                        | * Edema control with elevation, ice, and hand/wrist exercises                                                           |
| <b>2 – 3</b>  | * Brace unlocked 60 – 130 degrees; Locked at 90 deg when not exercising<br>* < 1 lbs<br>* Avoid varus stress | * Full supination and pronation with elbow at 90 degrees<br>* 60 – 130 degrees with forearm in <b>pronation</b>                                                                                      | * Work on elbow motion at least 5x/day<br>* Edema control with elevation, ice, and hand/wrist exercises                 |
| <b>3 – 4</b>  | * Brace unlocked 30 – 130 degrees; Locked at 90 deg when not exercising<br>* < 1 lbs<br>* Avoid varus stress | * Full supination and pronation with elbow at 90 degrees<br>* 30 – 130 degrees with forearm in <b>pronation</b>                                                                                      | * Work on elbow motion at least 5x/day<br>* Edema control with elevation, ice, and hand/wrist exercises                 |
| <b>4 – 6</b>  | * Brace unlocked 0 – 130 degrees; Locked at 90 deg when not exercising<br>* < 1 lbs<br>* Avoid varus stress  | * Full supination and pronation with elbow at 90 degrees<br>* 0 – 130 degrees with forearm in <b>pronation</b><br>* <b>start static splint or in brace if stiff (see elbow contracture protocol)</b> | * Work on elbow motion at least 5x/day<br>* Edema control with elevation, ice, and hand/wrist exercises                 |
| <b>6 - 9</b>  | * Discontinue brace<br>* 1 lb<br>* Avoid varus stress                                                        | * Full supination and pronation with elbow at 90 degrees<br>* 0 – 130 degrees with forearm in <b>pronation or neutral during full extension</b>                                                      | * Work on elbow motion at least 5x/day<br>* Begin 1lb resistance training for elbow, shoulder, and periscapular muscles |
| <b>9 – 12</b> | * 2-3 lbs<br>* Avoid varus stress                                                                            | Full, unrestricted motion                                                                                                                                                                            | * 2-3lb resistance training for elbow, shoulder, and periscapular muscles                                               |
| <b>12+</b>    | * Progress weight limit to normal                                                                            | Full, active motion                                                                                                                                                                                  | * Start elbow strengthening<br>* Return to full activity                                                                |