

Daniel J. Prohaska, M.D.

Advanced Orthopaedic Associates

2778 N. Webb Rd.
Wichita, KS 67226

316-631-1600
Fax: (316) 631-1666
1 (800) 362-0591



ULNAR LATERAL COLLATERAL LIGAMENT RECONSTRUCTION OF THE ELBOW

Post Op - 2 Weeks

- Immobilize in full pronation and 90° flexion with splint

2 - 6 Weeks

- ROM brace 30° extension block
- Wrist in pronation or neutral - no supination
- Allow ROMs 30° - 130° - (brace on except when bathing)

- ❖ **Prior failed surgery or ligament laxity -immobilize for 4-6 weeks**

6 -12 Weeks

- Sequentially decreased in blocked extension in brace
- ROMs - Active & Passive
- Forearm flexion and extension strengthening

12 Weeks

- Unprotected flexion and extension
- Avoid varus stress
- Continue forearm flexion and extension strengthening
- Start elbow flexion and extension exercises

6 Months

- Activity as tolerated
- Avoid varus stress until one year post op