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Dr. Chad Myeroff's Rehabilitation Protocol

Lateral Ulnar Collateral Ligament (LUCL) - Reconstruction or Repair

**Three times per day home exercise program:**

**Goal: obtain full motion while protecting the elbow ligaments while they heal**

Phase 1: Week 0-6

- Splint for 0-2 weeks
- Sling x 6 weeks as needed except for hygiene and TID elbow wrist and finger ROM
- Edema control:
  - OT or clinic provided compressive stocking
  - Elevate above heart on pillows while supine
- TID finger, wrist, forearm elbow A/AAROM with the elbow tucked at the side:
  - Elbow Flexion
  - Extension (with the forearm in pronation)
  - Pronation / Supination with the elbow flexed to 90°
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs
- Biceps and Triceps isometrics with the elbow at 90° flexion
- Precautions
  - Avoid varus force at the elbow
    - Keep elbow tucked at the side of the body for all activities
    - Avoid holding the elbow out and away from the body (active abduction or FF at the shoulder)
  - No lifting > coffee cup

Phase 2: Week 6-12 weeks

- Wean from sling entirely
- Add 4 quadrant shoulder A/AA/PROM as needed
- Add elbow and forearm PROM
- Add wrist, forearm and elbow gentle strengthening
- Continue above precautions (especially avoiding varus at the elbow)

Phase 3: Week 12-16 weeks

- Activities as tolerated (if ROM adequate and healed)
  - Independent home exercise program
  - Return to sport
  - Work hardening

More info: [twincitiesshoulderandelbow.com/posterolateral-rotatory-instability-shoulder-elbow-specialist-minneapolis-saint-paul.html](http://twincitiesshoulderandelbow.com/posterolateral-rotatory-instability-shoulder-elbow-specialist-minneapolis-saint-paul.html)

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