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Elbow Collateral Ligament Repair/Reconstruction

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	Gentle passive ROM (0-90)	Hinged brace set at 30-90 degrees; worn at all times except for hygiene	Hand/wrist/shoulder ROM permitted; scapular strengthening permitted above elbow; ice/heat
PHASE II 4-6 weeks	Begin AROM /AAROM. Advance to full flexion.	Hinged brace set at 0-90.	Begin wrist flexion/extension exercises.
Phase III 6-12 weeks	Progress to full PROM and AROM	D/C brace	Begin elbow flexion and then extension resistance training with elbow at side. Avoid valgus/varus stress to elbow.
PHASE IV 12-16 weeks	Full painless ROM.	None	Begin isometric strengthening in the 90/90 position. Add rotational strengthening. Allow gentle throw back exercises
PHASE V 4-10 months	FROM	None	Start progressive return to throwing program. May start to pitch off flat ground at 6 months, off mound at 7 months. Anticipate return to competitive throwing at 10 months