
Elbow Radial Collateral Ligament Repair

Name: _____ Date: ____ / ____ / ____

Phase I: Maximum Protection (Weeks 1 to 2)

- Reduce inflammation
- Immobilization in posterior splint with the arm fully pronated
- Sling for two to three weeks
- Ice and modalities to reduce pain and inflammation

Phase II: Progressive Range of Motion (Weeks 2 to 4)

- Brace setting 30 degrees of extension to full flexion. **Maintain full arm pronation.**
- Passive/active assisted motion 30 degrees of extension gradually moving to full flexion (fully pronated arm)
- Active wrist flexion/extension and gripping exercise - two weeks
- Active pronation/supination at four weeks. No aggressive supination stretching.
- Scapular strengthening exercises

Phase III: Progressive Range of Motion and Early Strengthening (Weeks 4 to 16)

- Gradually progress to full extension over the next three months. A five degree extension limitation is acceptable and may provide some protection against recurrence.
- 12 weeks - Begin resisted ER/IR, biceps, triceps and wrist/forearm strengthening all planes
- 16 weeks - May begin a general strengthening program in the gym with light resistance, progressing as tolerated

Phase IV: Progressive Strengthening (Months 6 to 12)

- Patient is allowed to free activity as tolerated while avoiding varus stress
- May return to unrestricted activity at one year