



Lateral Collateral Ligament Reconstruction
Right M25.321, Left M25.322

Day 1-10:

- Prior to leaving the operating room, a sling, splint and a bulky bandage will be applied to your elbow.
- Control swelling: following discharge you should go home and rest, elevate your extremity and use ice to bring down swelling for 20 minutes once per hour.
- Control pain: you will be sent home with a prescription for pain medications. You should take this for baseline pain and add Motrin or Tylenol for severe pain.
- You may gently roll the wrist so that the hand is facing upward. This will be painful. Do not use pressure. You may roll the wrist palm up as much as you like.

We can increase the pain medication if you're uncomfortable. Feel free to call the office at **650-723-5256**, or call the surgery scheduler. If it is after hours there is always someone available at Clinical Advice Services at **650-723-4000**.

Day 0 - 6 weeks:

- Vertical motion only.
- No lifting.
- No varus stress.
- No side to side movement across the body with the affected arm.
- No resting of the arm on the belly while lying in supine position.
- May begin active and active-assisted range of motion exercises.
- Shoulder ROM exercises and strengthening may be done several times daily.

6 weeks to 3 months

- May begin activities of daily living with affected hand.
- May begin ISOMETRIC strengthening of the arm, hand and wrist.
- May begin ISOTONIC shoulder strengthening.
- Continue to wear her brace in public. (Where the arm may be accidentally hit or bumped).

3 months

- May continue active and active-assisted range of motion exercises.
- Unlimited strengthening program.

Therapy Frequency: 1-2 times per week for 2-3 months, then 1 time per week for 6 months.