



LUCL REPAIR / RECONSTRUCTION



STEPHEN THON, MD
ORTHOPEDIC & SPORTS MEDICINE SURGEON
www.stephenthonmd.com

LUCL Repair / Reconstruction - Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L LUCL Repair / Reconstruction

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

Week 2-3 post operative:

- Place pt in hinged elbow brace with extension block at 30 degrees and flexion block at 100 degrees.
- Wrist and hand arom several times a day.
- Instruct pt in supine elbow flexion and extension while maintaining forearm in pronation, active forearm pronation/supination with elbow at 90 degrees 6-8 times per day.
- Incorporate scapular retraction and stabilization exercises into program.
- Educate pt to avoid shoulder abduction and internal rotation to reduce varus stress and to avoid full elbow extension with supination.
- Initiate scar management

Week 3- 6 post operative:

- Adjust hinged elbow brace to increase extension block 10 degrees per week and flexion block 15 degrees per week.
- Continue to progress with active elbow flexion and extension with forearm in neutral and against gravity.
- Add isometrics to forearm, fcu and fds, and shoulder in all planes.

6 weeks post operative:

- Begin wrist strengthening with 1-2#, digiflex, putty exercises.
- Complete basic adls using involved arm.
- Activity modification to avoid varus stress.

Week 6-9 post operative:

- Administer heat, soft tissue, capsular stretching and low grade joint mobs as needed.
- Concentric and eccentric low load stress activities initiated with athletes

Week 9 -14 post operative:

- Transition from brace, wean weeks 9-12
- Static progressive splinting if needed.
- Neuromuscular exercises and isotonic exercises (free weights), theraband.
- With athletes, initiate isotonic exercise with 90 degrees of external rotation and 90 degrees of abduction at 12 weeks.
- Begin throwing at when terminal extension is reached.

Week 16+ post operative

- Goal: the pt should have full strength and be independent with work and adls tasks.
- For heavy work or athletes, begin plyometrics, work hardening and interval pain free throwing.
- By 6- 9 months post operative the pt may be able to return to sports. May begin competitive throwing at 9 – 12 months if pain free.

Signature: _____

Date:

Stephen G. Thon, MD

www.AdvancedOrtho.org

Phone: (303) 344-9090

Fax: (720) 895-1121