

Elbow Instability Rehabilitation Protocol

LUCL off protocol

Dr. McCormick

Overview

the elbow has a lateral ulno-humeral ligament (LUCL) tear
it will be more stable in flexion and more stable in pronation (palm away from face)
it will be less stable in extension and less stable in supination (palm towards face)
exercises will yield best results if done minimum 3 times per day
there is no maximum number of times to do the exercises
use sling except when doing exercises
keep elbow at 90 degrees flexion, and in full pronation

week 0-2

ROM 90 to full flexion in full pronation
supination as tolerated at 90 degrees flexion only

week 2-4

ROM 45 to full flexion in full pronation
supination as tolerated at 90 degrees flexion only

week 4-6

ROM 0 to full flexion in full pronation
supination as tolerated at 90 degrees flexion only

week 6-12

ROM as tolerated
no heavy lifting/pushing/pulling/twisting

week 12+

activity as tolerated
may begin strenuous strengthening

www.mccormickortho.com for more information