



## REHABILITATION GUIDELINES

### **ELBOW COMMON EXTENSOR TENDON OR LATERAL COLLATERAL LIGAMENT REPAIR**

**Edward S. Chang, MD**  
Orthopaedics and  
Sports Medicine

#### **OFFICE LOCATIONS**

*TUESDAY*  
8100 Innovation Park  
Drive  
Fairfax, VA 22031  
T 703-970-6464  
F 703-970-6465

*WEDNESDAY*  
1005 N. Glebe Rd  
Suite 410  
Arlington, VA 22201  
T 571-414-6940  
F 703-970-6465

*THURSDAY*  
*FRIDAY (AM only)*  
6355 Walker Lane  
Suite 300  
Alexandria, VA 22310  
T 703-797-6980  
F 703-797-6981

#### **CLINICAL NURSE**

Eileen Perri, BSN  
(703) 797-6918

The rehabilitation guidelines are presented in a criterion based progression program. General time frames are given for reference to the average, but individual patients will progress at different rates depending on their age, associated injuries, pre-injury health status, rehab compliance, tissue quality and injury severity. Specific time frames, restrictions and precautions may also be given to protect healing tissues and the surgical repair/reconstruction.

#### **INDIVIDUAL CONSIDERATIONS:**

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#### **Postoperative period (0-7 days)**

1. Splint in 90 degrees and neutral/slight pronation
2. Sling for comfort

#### **WEEKS 1-4**

1. Hinged Elbow Brace setting 30 degrees extension to 90 degrees flexion. Advance flexion as tolerated
2. Maintain arm in neutral/pronation. No supination
3. At 2 weeks- active wrist flexion/extension and gripping exercises
4. Begin active pronation and supination at week. No aggressive supination stretching
5. Scapular strengthening exercises

#### **WEEKS 4-12**

1. Progress to full extension
2. Wean from brace at week 8 when demonstrating full ROM

#### **WEEKS 12 and on**

1. Begin resisted ER/IR, biceps, triceps, wrist/forearm strengthening in all planes
2. Week 16: begin general strengthening program in the gym with light resistance