



UNDERSTANDING YOUR SURGERY

LUCL Reconstruction

Overview

The LUCL is a ligament that stabilises the outer side of your elbow. When it is stretched or torn the elbow can slip or give way outward. Depending on how much instability is present, this is treated either by keyhole (arthroscopic) tightening of the ligament — called an imbrication — for lower-grade instability, or by rebuilding the ligament with a tendon graft (usually from your own forearm) for more significant instability.

About Your Procedure

Why this surgery is recommended

- An elbow that clicks, locks or gives way outward
- Instability after a previous dislocation or outer-elbow surgery
- Symptoms following repeated cortisone injections to the outer elbow
- Procedure tailored to the degree of instability found

What happens during surgery

- Lower-grade instability: keyhole (arthroscopic) tightening of the ligament (imbrication)
- Higher-grade instability: the ligament is rebuilt with a tendon graft through small bone tunnels
- Graft tensioned and secured with anchors or small screws
- General anaesthetic; usually a day procedure

After Your Surgery

- Sling for comfort only — weaned off from **Day 10**
- Elbow movement begins from **Day 10**, done lying down
- No turning the palm up against resistance for **8 weeks**
- No pushing or pulling with the arm for 8 weeks
- No driving for **6 weeks** after surgery

Important precautions:

- Turning the palm upward under load is the key movement to avoid for 8 weeks
- Early movement is done lying down — gravity protects the repair in this position
- Full return to overhead throwing: minimum 6 months
- Return to sport needs a stability test confirmed by your surgeon

Your Recovery at a Glance

DAY 10–WK 4

Movement lying down. Hand and wrist exercises

WEEKS 4–8

Progressive elbow movement. Forearm rotation

WEEKS 8–16

Strengthening and gradual loading

WEEKS 16–26

Return to activity. Throwing: min 6 months

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
