

Lateral Ulnar Collateral Ligament Reconstruction in the Elite Throwing Athlete With the Docking Technique, Review of the Literature, and Rehabilitation Protocols

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The lateral ulnar collateral ligament (LUCL) is a primary lateral stabilizer of the elbow. Diagnosis of LUCL injury is a challenge and often is delayed. Surgical reconstruction is recommended to restore elbow stability in patients with symptomatic LUCL insufficiency or recurrent posterolateral rotatory instability. This pattern of instability usually is a sequelae of elbow dislocation, overuse, iatrogenic lesions, or ligamentous laxity.

In contrast to the medial elbow stabilizers, LUCL injury rarely is the source of disability in overhead throwing athletes. This video discusses a rare case of chronic posterolateral rotatory instability in an elite collegiate baseball pitcher and demonstrates LUCL reconstruction via a docking technique with the use of contralateral palmaris longus autograft. The video reviews the literature and discusses preferred postoperative rehabilitation, including an early supine, gravity-assisted overhead motion protocol.