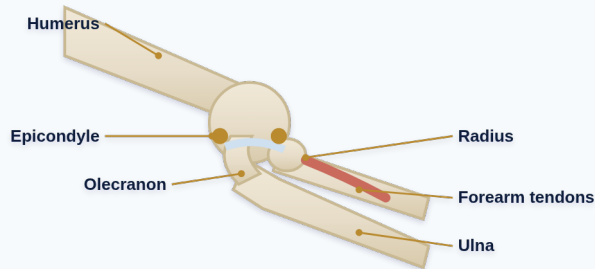


ELBOW CONDITION

Elbow LCL (Lateral Collateral Ligament) Injury

Lateral Elbow Instability — Patient Condition Guide



Elbow anatomy — for education; your anatomy may differ

OVERVIEW

The lateral collateral ligament (LCL) complex on the outside of the elbow stabilizes it against rotational and side-to-side (varus) stress. Injury — often after an elbow dislocation or a fall — can make the elbow feel unstable, a condition called posterolateral rotatory instability.

ANATOMY

The LCL complex, including the lateral ulnar collateral ligament, runs from the lateral epicondyle to the ulna and keeps the joint from rotating and hinging open on the outside.

SYMPTOMS

- Pain on the outside of the elbow
- A feeling of the elbow slipping or 'giving way'
- Clicking or clunking with certain movements, especially pushing up from a chair
- Recurrent instability after an elbow dislocation

DIAGNOSIS

Dr. Pettit examines the elbow with specific instability tests (such as the lateral pivot-shift test) and may order an MRI to assess the ligament.

TREATMENT OPTIONS

Minor injuries are treated with bracing and physical therapy. Significant or recurrent instability is treated with surgical repair or reconstruction of the ligament using a tendon graft to restore stability.

RECOVERY OUTLOOK

Early protected motion in a brace is followed by progressive therapy, with a return to activity over a few months.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/handouts/elbow-lcl-injury.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.

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