

# Elbow Ulnar Collateral Ligament Reconstruction

Name: \_\_\_\_\_ Date: \_\_\_\_\_ DOS: \_\_\_\_\_

## Rehabilitation Protocol S/P \_\_\_\_\_ Elbow Ulnar Collateral Ligament Reconstruction

3X/WK X 6 WKS

### Phase 1: Immediate Postoperative Phase (1-3 Weeks)

#### Goals:

- Protect healing tissue
- Decrease pain/inflammation
- Retard muscular atrophy

#### Week 1

##### Brace

- Posterior splint at 90 degrees elbow flexion
- Elbow compression dressing (2-3 days)

##### Range of Motion

- Wrist active ROM extension-flexion

##### Exercises

- Gripping exercises
- Wrist ROM
- Shoulder isometrics {with arm at side}(no shoulder external rotation/no valgus stress at elbow)
- Biceps isometrics

##### Cryotherapy

#### Week 2

##### Brace

- Application of functional brace set at 30-100 degrees

##### Exercises

- Initiate wrist isometrics
- Initiate elbow flexion extension isometrics
- Continue all exercises listed above

#### Week 3

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### Atlantic Medical Group Orthopedics at Paramus

3025 Paramus Park  
Paramus, NJ 07652  
Phone: 201-343-1717



Atlantic Health System  
Atlantic Medical Group

Brace

- Advance brace 15-110 degrees (gradually increase ROM -5 degrees extension and 10 degrees flexion/wk)

Exercises

- Continue all exercises listed above

## **Phase 2: Intermediate Phase (Week 4-8)**

Goals

- Gradual increase in ROM
- Promote healing of repaired tissue
- Regain and improve muscular strength

### **Week 4**

Brace

- Functional brace set 10-120 degrees

Exercises

- Begin light resistance exercises for arm (1 pound)
- Wrist curls, extensions, pronation, supination
- Elbow extension flexion
- Progress shoulder programs emphasize rotator cuff strengthening (avoid external rotation of shoulder until week 6)

### **Week 6**

Brace

- Functional brace set (0-130 degrees); active ROM (0-145 degrees without brace)

Exercises

- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening
- Progress shoulder program

## **Phase 3: Advanced Strengthening Phase (Weeks 9-13)**

Goals

- Increase strength, power, endurance
- Maintain full elbow ROM
- Gradually initiate sporting activities

### **Week 9**

Exercises

- Initiate eccentric elbow flexion extension

- Continue isotonic program; forearm and wrist
- Continue shoulder program – “Thrower’s Ten” Program
- Manual resistance diagonal patterns
- Initiate plyometric exercise program

### **Week 11**

#### Exercises

- Continue all exercises listed above
- Begin light sport activities (e.g., golf swimming)

### **Phase 4: Return to Activity Phase (Week 14-26)**

#### Goals

- Continue to increase strength, power, and endurance of upper extremity musculature
- Gradual return to sport activities

### **Week 14**

#### Exercises

- Initiate interval throwing program (phase 1)
- Continue strengthening program
- Emphasis on elbow and wrist strengthening and flexibility exercises

### **Week 22-26**

- Gradual return to competitive throwing

Signature: \_\_\_\_\_

Date: \_\_\_\_\_