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Patient Sticker Here

Date

ULNAR COLLATERAL LIGAMENT RECONSTRUCTION

IMMEDIATE POST OPERATIVE PHASE (0 - 3 weeks)

Goals: Protect Healing Tissue
 Decrease Pain/Inflammation
 Retard Muscular Atrophy
 Establish Limited Range-of-Motion

Post-Operative Week 1

Brace: Posterior splint at 90° elbow flexion
Range-of-Motion: Wrist AROM extension/flexion
Exercises: Gripping exercises
 Wrist ROM
 Shoulder Isometrics (no shoulder ER for first 14 days)
 Internal rotation
 Flexion/extension
 Abduction/adduction
 Biceps isometrics

Cryotherapy

Post-Operative Week 2

Brace: Application of functional brace set at 30° - 100°.
Exercises: Initiate shoulder ER isometrics (day 14)
 Initiate wrist isometrics
 Initiate elbow extension isometrics
 Continue all exercises listed above

Post-Operative Week 3

Brace: Advance brace 15° - 110°.
 (gradually increase ROM - 5° extension/10° flexion per week)
Exercises: Initiate light isotonic (no weight, use the weight of the arm)
 Shoulder abduction
 Shoulder elevation
 Scapular strengthening
 Biceps/triceps
 Wrist flexion/extension
 Forearm pronation/supination

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Initiate tubing ER/IR at 0° abduction
Continue ROM and gripping exercises

Intermediate Phase (weeks 4-8)

Goals: Gradual increase in ROM
Promote repair of healed tissue
Regain and improve muscular strength

Week 4

Brace: Functional brace set 15-120°
Exercises: Begin light weight resistance exercises for arm (1lb.)
Wrist curls, extensions, pronation, supination
Elbow flexion/extension
Progress shoulder program, emphasize rotator cuff strengthening

- Emphasis on external rotation, side lying

Week 6

Brace: Functional brace set 0-130°; AROM 0-145° without brace
Discontinue brace at the end of week 6
Exercises: Progress wrist and elbow strengthening exercises
Progress shoulder program

Week 8

Exercises: Continue Stretching Program for Elbow and ROM
Gradual progress of strengthening program

Advanced Strengthening Phase (weeks 9-13)

Goals: Increase strength, power and endurance
Maintain full elbow ROM
Gradually initiate sporting activities
Exercises: Initiate eccentric elbow flexion/extension
Triceps strengthening
Continue isotonic program; forearm and wrist
Continue shoulder program

Return to Activity Phase (weeks 14-26)

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

Week 14:

Initiate Interval Throwing Program (Phase 1)

Weeks 22-26

Progress to Interval Throwing Program (Phase 2)

Upon completion of Phase 2, progress to competitive throwing program (approx 9 months)>