



Post-Operative Rehabilitation Protocol Following Ulnar Collateral Ligament Reconstruction Using Autogenous Graft

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____



Phase I – Immediate Post-Operative Phase

- **Goals**
 - Protect healing tissue
 - Retard muscular atrophy
 - Decrease pain/inflammation
- **Week 1**
 - Posterior splint at 90° elbow flexion for 7 days
 - Brace: application of functional brace set at 30-100° at day 7-10 after splint removed
 - ROM: wrist AROM ext/flexion
 - Elbow compression dressing 2-3 days
 - Exercises
 - Gripping
 - Wrist ROM (passive only)
 - Shoulder isometrics (no shoulder ER)
 - Biceps isometrics
 - Cryotherapy
- **Week 2**
 - Brace: Elbow ROM 25-100° in brace
 - Gradually increase ROM 5° ext and 10° of flexion per week
 - Exercises
 - Continue all exercises listed above
 - Elbow ROM in brace
 - Initiate elbow extension isometrics
- **Week 3**
 - Brace: Elbow ROM 15-110°
 - Exercises
 - Continue all exercises listed above
 - Elbow ROM in brace



- Initiate active ROM wrist and elbow (no resistance)

Phase II –Intermediate Phase (Week 4-7)

- **Goals**
 - Gradual increase to full ROM
 - Promote healing of repaired tissue
 - Regain and improve muscular strength
- **Week 4**
 - Brace: elbow ROM 0-125°
 - Exercises
 - Begin light resistance exercises or arm (1 lbs)
 - Wrist curls, extensions, pronation, supination
 - Elbow ext/flexion
 - Progress shoulder program to emphasize rotator cuff strengthening
 - Avoid external rotation until week 6
- **Week 5**
 - ROM: elbow ROM 0-135°
 - Discontinue brace
 - Continue all exercises
- **Week 6**
 - ROM: 0-145° without brace or full ROM
 - Exercises
 - Progress elbow strengthening exercises
 - Initiate shoulder external rotation strengthening
- **Week 7**
 - Initiate Thrower's Ten Program
 - Progress light isotonic program

Phase III –Advanced Strengthening Program (Week 8-13)

- **Goals**
 - Improve strength/power/endurance
 - Maintain full elbow ROM
 - Gradual return to functional activities
- **Week 8-10**
 - Exercises
 - Initiate eccentric elbow flexion/extension
 - Continue
 - Isotonic program –forearm and wrist



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- Shoulder program –Thrower’s Ten
- Stretching program –especially elbow extension

- **Week 11-13**
 - Exercises
 - Continue all exercises listed above
 - Initiate plyometric exercise program



Phase IV –Return to Activity (week 14-32)

- **Goals**
 - Continue to increase strength, power, and endurance of upper extremity musculature
 - Gradual return to activities
- **Week 14**
 - Exercises: continue strengthening program
 - Emphasis on elbow and wrist strengthening and flexibility exercises
 - Maintain full elbow ROM
- **Week 16**
 - Exercises
 - Initiate interval throwing program (phase I)
 - Continue all exercises
 - Stretch before and after throwing
- **Week 22-24**
 - Exercises
 - Progress to Phase II Throwing Program (once completed Phase I)
- **Week 30**
 - Exercises
 - Progress to competitive throwing

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____