

Protocol for:

- **Ulnar (Medial) Collateral Ligament Reconstruction of the Elbow**

- Remain in splint for 7 days after surgery.
- Splint to be removed at first follow-up appointment, 1 week after surgery,
- Hinged Elbow Brace to be placed at first follow-up appointment and to remain in place at all times (except during therapy to elbow, wrist and hand while with a Trainer or Therapist)
- Rehab starts 1 week after surgery

Phase I	Weeks 0 - 3	<ul style="list-style-type: none"> • Maintain Shoulder ROM – Wear hinged elbow brace when exercising shoulder • Wrist and Hand AROM, Gripping exercises, Biceps Isometrics • Elbow <ul style="list-style-type: none"> ➤ Week 1 = immobilized at 90° in hard splint ➤ Week 2 = Hinged Brace with ROM 30 ° - 100 ° ➤ Week 3 = Hinged Brace with ROM 15 ° - 110 ° • Wrist Isometrics • Elbow flex/ext isometrics • Gentle Active and Active Assistive ROM for elbow and wrist * Must Avoid Valgus Stress or Positioning of Elbow * Avoid running or jumping for 12 weeks * OK to walk or use stationary bicycle
Phase II	Weeks 4 - 8	<ul style="list-style-type: none"> • Elbow <ul style="list-style-type: none"> ➤ Week 4 = Hinged Brace with ROM 10 ° - 120 ° ➤ Week 5 = Hinged Brace with ROM 5 ° - 130 ° ➤ Week 6 = Hinged Brace with ROM 0 ° - 130 ° * Avoid Valgus Stress and Positions during therapy • Continue AROM to elbow and wrist <ul style="list-style-type: none"> ○ May initiate light PROM to elbow if needed ○ Full Elbow ROM by 6 – 8 weeks • Brace to be discontinued between 6 – 8 weeks • Strengthening: <ul style="list-style-type: none"> ❖ Shoulder – IR, FE & Abduction ONLY No shoulder ER strengthening to avoid valgus stress to elbow !! ❖ Elbow – Flex/Ext, Pronation/Supination ❖ Wrist – Flex/Ext ❖ Grip Strengthening ❖ Scapular Strengthening and Stabilization ❖ Core Strengthening ❖ Lower Extremities

Phase III	Weeks 9 - 12	<ul style="list-style-type: none">• Achieve and Maintain Full Elbow Motion• Continue and Progress Strengthening Exercises from Phase II<ul style="list-style-type: none">○ May start Shoulder ER Strengthening• Initiate Eccentric Elbow Flex/Ext Exercises
Phase IV	Weeks 13 - 30	<ul style="list-style-type: none">• Continue Strengthening• Initiate Plyometrics:<ul style="list-style-type: none">○ ie Plyoball wall drill, 2 – armed rebounder drills, progressing to 1 - armed• May begin Swimming• May run, splint, jump• Wear hinged brace during competition and practice (Non-throwing or baseball players)• Initiate throwing program for baseball players by week 16

ROM – Range of Motion
AROM – Active Range of Motion
PROM – Passive Range of Motion
ER – External Rotation
FE – Forward Elevation
IR – Internal Rotation