

**ULNAR COLLATERAL LIGAMENT RECONSTRUCTION PROTOCOL**

This protocol provides general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. The intent is to provide the therapist with a general framework. Twin Cities Orthopedics staff will provide contact information for further individual-specific rehabilitation progression consultation and general questions regarding specific patients. Please fax initial assessment and subsequent progress notes directly to Dr. Corey Wulf at 952-944-0460.

**PHASE I: Days 0-7****Treatment Strategy**

- Splinted in 90 degrees of flexion.

**Goal**

- Promote graft healing, reduce pain and swelling

**PHASE II: Weeks 1-4****Treatment Strategy**

- Post-op splint removed and placed into a hinged elbow brace
- Hinged elbow ROM brace at all times
- Avoid PROM
- Avoid valgus stress
- Continue AROM in brace

**Goal**

- Restore ROM 30°-90°
- Promote graft healing
- Independent home exercise

**PHASE III: Weeks 4-6****Treatment Strategy**

- Continue brace wear at all times
- Avoid PROM
- Avoid valgus stress
- Continue AROM in brace

**Goal**

- Restore ROM 15°-115°
- Minimal pain and swelling

#### **PHASE IV: Weeks 6-12**

##### **Treatment Strategy**

- Minimize valgus stress
- Avoid PROM by the clinician
- Avoid pain with exercises
- Continue AROM
- Low-intensity, long duration stretch for extension
- Isotonic exercises for the scapula, shoulder, elbow, forearm, and wrist
- Eccentric training when strength is adequate
- **Week 8** – begin ER and IR stretching

##### **Goal**

- Restore full ROM
- All upper extremity strength 5/5
- Begin to restore muscular endurance

#### **PHASE V: Weeks 12-16**

##### **Treatment Strategy**

- Pain-free plyometric exercises
- Advance ER and IR to 90/90 position
- Neuromuscular drills
- Plyometric program
- Endurance training

##### **Goal**

- Restore full strength and flexibility
- Prepare for return to activity

#### **PHASE VI: Weeks 16-36**

##### **Treatment Strategy**

- **Week 16** – Begin interval throwing program
- **Week 20** – Begin hitting program
- Avoid pain with throwing or hitting
- Avoid loss of strength or flexibility
- Continue flexibility training
- Continue strengthening program

##### **Goal**

- Return to activity
- Prevent re-injury