

ELBOW ULNAR COLLATERAL LIGAMENT RECONSTRUCTION ***(Autograft & No Detachment of Flexor-Pronator Muscle)***

I. EARLY PHASE (Week 0 - 3)

Goals: Protect healing tissue
Decrease pain / inflammation
Retard muscular atrophy

A. Post Op Week 1

Posterior Splint at 90 degrees of flexion
Active Wrist exercises - four times a day - flexion / extension
Elbow compression dressing (2-3 days)
Exercises:
 Gripping
 Wrist AROM
 Shoulder Isometrics (NO Shoulder ER)
 Biceps Isometrics
Ice / Cryotherapy

B. Post Op Week 2

Functional Brace to elbow set at 30 - 100 degrees
Exercises:
 Initiate wrist isometrics
 Initiate elbow flexion/extension isometrics
 Continue exercises from week 1

C. Post Op Week 3

Advance Functional Brace ROM to 15 - 110 degrees
(Gradually increase ROM 5 degrees extension & 10 degrees flexion per week)
Exercises:
 Continue exercises from weeks 1 and 2

II. INTERMEDIATE PHASE (Week 4 - 8)

Goals: Gradual increase in range of motion
Promote healing of repaired tissue
Regain and improve muscular strength

A. Week 4

Brace - Functional brace set at 10 - 120 degrees

Exercises:

Begin light resistance exercises for arm (1lb)
Wrist curls, extensions, pronation, supination
Elbow extension/flexion
Progress shoulder program - emphasize rotator cuff strengthening
(*Avoid external rotation* until 6th week)

B. Week 6

Brace - Functional Brace set 0 - 130 degrees, AROM 0 - 145 (without brace)

Exercises

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

IV. ADVANCED STRENGTHENING PHASE (Week 9 - 13)

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

A. Week 9

Exercises: Initiate eccentric elbow flexion/extension
Continue isotonic program: Forearm & wrist
Continue shoulder program - Throwers Ten Program
Manual resistance diagonal patterns
Initiate plyometric exercise program

B. Week 11

Exercises: Continue all exercises listed above
May begin light sporting activities (golf, swimming)

IV. RETURN TO ACTIVITY PHASE (Week 14 - 26)

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

A. Week 14

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

B. Week 22 - 26

Exercises: Return to competitive throwing