**Elbow Ulnar Collateral Ligament Reconstruction Rehabilitation Protocol**

* **Please note that these are to be used only as guidelines.**
* **All specifics regarding exercises and progression back to sports will be made on an individual basis by your treating providers.**

**Phase 1 - Post-Op Week 1**

**Brace:**

* Wear sling and brace with elbow immobilized at 70 degrees all times

**Therapeutic Exercises:**

* Finger, wrist, and shoulder active range of motion encouraged

**Modalities:**

* Cryotherapy (ice) 6-8 times per day for 15 to 20 minutes

**Progression to Phase 2**

* Minimal swelling
* No pain with pronation, supination, or gentle 20-degree arc of flexion/extension

**Phase 2 - Post-op Weeks 1 to 3**

**Brace:**

* Hinged elbow brace opened to achievable and comfortably ROM as determined by therapist (30-100 degrees)

**ROM (range of motion):**

* ROM: 30 to 100 degrees
* Full shoulder and wrist ROM

**Manual:**

* Scar/soft tissue massage
* Joint mobilizations
* PROM to 30-100 degrees

**Therapeutic Exercises:**

* **Strengthening:** 
  + Wrist isometrics including supination/pronation
  + Elbow isometrics
  + Shoulder isometrics
  + Peri-scapular strengthening
  + Rotator cuff protocol

**Progression to Phase 3:**

* Minimal effusion
* No pain

**Phase 3 - Post-op Weeks 3 to 6**

**Brace:**

* Open post-op brace 10 degrees per week to full as tolerated

**ROM:**

* Full ROM by week 6
* Active ROM allowed
* Initiate low-load, long duration passive ROM into extension (15 minutes, 4 times per day) as needed

**Manual:**

* Scar/soft tissue massage
* Joint mobilizations

**Therapeutic Exercises:**

* **Strengthening:** 
  + ROM exercises allowed against gravity in all planes
  + Core strengthening
* **Conditioning:** Stationary bike, elliptical machine, treadmill

**Progression to Phase 4:**

* No effusion
* Full passive elbow ROM

**Phase 4 - Post-op Weeks 6 to 10**

**Brace:**

* Discontinue post-op brace when protective strength and functional ROM achieved

**Therapeutic Exercises:**

* **Strengthening:** 
  + Begin eccentric elbow strengthening
  + Lower body strength training allowed without use of arms
* **Conditioning:** 
  + Stationary bike
  + Elliptical machine
  + Treadmill
  + UBE (upper body exercise bike) with light resistance

**Progression to Phase 5**

* Protective arm strength
* No pain with isometric strength testing
* Full active ROM

**Phase 5 - Post-op Weeks 10 to 14**

**Therapeutic Exercises:**

* **Strengthening:** 
  + Isotonic strengthening of elbow joint
  + Continue lower body strength training without restriction
* **Proprioception:** 
  + Functional diagonal patterns
  + Ball on wall
* **Conditioning:** 
  + Continue stationary bike
  + Elliptical machine
  + Light jogging
  + Begin plyometric program
* **Throwing rehabilitation:** 
  + Begin interval throwing program at week 12

**Progression to Phase 6**

* Completion of interval throwing program
* No pain on testing
* Symmetric strength

**Phase 6 - Return to play**

**Therapeutic Exercises:**

* **Strengthening:** 
  + Continue upper and lower body strength training
  + Continue core training
* **Proprioception:** 
  + Continue upper body proprioception exercises
  + Integrate lower body and multi plane activities
* **Conditioning:** 
  + Running**,** Cutting, and pivoting as needed
  + Off-season lifting program
* Return to competitive throwing at 6+ months as determined by medical providers