



Ulnar Collateral Ligament Repair
Post op Physical Therapy Protocol

Date of Surgery:_____

Surgeon:_____

Sling Use: ____2 wks ____3 wks

Splint Use: 0-10 days

Brace Use: 10 days-3wks at 30-100 degrees

3-4 wks 15-110

4-5wks 10-120

5-6 wks 5-130

D/C brace at 6 wks



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Post op Physical Therapy protocol

Ideally patients reach the milestones prior to advancing to the next phase

	Intervention	Milestones
Phase I 0-10days	<ul style="list-style-type: none"> • Immobilization in posterior splint at 60° • Sling for 2 to 3 weeks • Ice and modalities to reduce pain and inflammation • Begin passive, progressing to active wrist and hand range of motion • Begin hand strengthening 	<ul style="list-style-type: none"> • Good pain control • Controlled swelling
Phase II (10 days-3wks)	<ul style="list-style-type: none"> • Brace setting 30° to 105° • Active elbow flexion and extension 30° to 100° • Increase intensity of wrist and hand strengthening • Begin rotator cuff strengthening avoiding valgus stress • Scapular strengthening exercises • Proprioception drills emphasizing neuromuscular control 	<ul style="list-style-type: none"> • AROM elbow 30-100 painfree • Continue to control swelling
Phase III 3-6 wks	<ul style="list-style-type: none"> • Brace setting from 20° to 105°; increase range settings 5° of extension and 10° of flexion per week progressing to full by week 6 <div style="margin-left: 40px;">Brace 10-120 wk 4</div> <div style="margin-left: 40px;">Brace fully opened wk 5</div> • Continue with gradual progression in ROM as outlined in phase II • Start light tricep and bicep strengthening and continue PRE's for RTC and scapular stabilizers avoiding valgus stress at wk 4 • Begin cardio program 	<ul style="list-style-type: none"> • ADLs without pain • AROM 0-130

Phase IV wks 6-8	<ul style="list-style-type: none"> • Discontinue brace • Modalities as needed • Restore full elbow range of motion with terminal stretching • Resisted biceps, wrist, and hand strengthening • Proprioception and neuromuscular control drills • Manual resistance and PNF patterns with proximal stabilization 	<ul style="list-style-type: none"> • Elbow AROM full and pain free
Wks 8-10	<ul style="list-style-type: none"> • Continue with end range stretching • Advance rotator cuff and scapular strengthening program • Advance wrist and forearm strengthening • Begin gym-strengthening program 3 to 4 times per week • Seated rows, front lat. Pulls, biceps triceps, dumbbell chest press and flys-avoiding valgus stress at the elbow. Gradually increase intensity • Start and progress core program • Start BFR program 	<ul style="list-style-type: none"> • RTC strength 4/5 • Scapular strength 4/5 • Hip IR WNL • Glute strength 5/5 • Thoracic rotation WNL
Phase V wks 10-16	<ul style="list-style-type: none"> • Continue with end range stretching • Advance gym strengthening avoid valgus stress • Initiate closed kinetic chain exercises in protected range <ul style="list-style-type: none"> ○ Push-ups, seated serratus push-ups • Initiate plyometric drills <ul style="list-style-type: none"> ○ Plyoball wall drills ○ Two-armed rebounder drills, progressing to one-armed 	<ul style="list-style-type: none"> • UE Y-balance 75% of norm or 85% to non-op side • SMBT 75% norm or 85% non-op side • CKCUEST 75% norm • ≥ 30 score on Psychological Readiness for RTS
Phase VI 16-24 wks	<ul style="list-style-type: none"> • Progress strength • Progress power • Advance closed chain exercises and plyo drills • May begin interval throwing program if cleared by MD <u>and</u> if season dictates appropriate timing 	<ul style="list-style-type: none"> • UE Y-balance 95% • CKCUEST 95% norm or $>$ • ≥ 40 on Psychological Readiness for RTS

Phase V 24wk-9+ mos	<ul style="list-style-type: none"> • Continue strength, power and speed • Initiate interval throwing program 	<ul style="list-style-type: none"> • Completion of Interval throwing program • ≥ 50 on Psychological Readiness for RTS • SMBT 95% non-op side
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