

ELBOW MEDIAL ULNAR COLLATERAL LIGAMENT RECONSTRUCTION

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Days 0-7:

- Splint at all times. No physical therapy. OK for wrist PROM and AROM

____ Week 2:

- Apply hinged elbow brace with 30-100 degrees ROM setting
- Begin with PROM and progress to gentle AAROM and AROM elbow and wrist
- Ok for gentle and continuous overpressure to reach ROM goals
- Avoid valgus elbow forces during elbow positioning and exercises
- Gentle submaximal isometrics for shoulder, elbow, wrist flexors/extensors, grip muscles

____ Week 3:

- Brace set to 20-110 degrees ROM setting; continue above (week 2) exercises

____ Week 4-6:

- Week 4: brace set to 10-120 degrees – PROM/AAROM/AROM allowed
- Week 5: brace set to 0-120 degrees – PROM/AAROM/AROM allowed
- Week 6: brace set to 0-130 degrees – PROM/AAROM/AROM allowed
- Isotonic exercises with light resistance for shoulder, elbow, wrist flexors/extensors, grip muscles (avoid valgus force on elbow – i.e. with shoulder IR work)

____ Week 6-8:

- May transition out of brace and fully d/c brace by end of week 8

____ Week 9-12:

- Should achieve full ROM by approximately week 10
- Progressive isotonic for shoulder, elbow, and wrist
- Initiate eccentric elbow/wrist strengthening

____ Week 13+:

- Weeks 13-20: initiate “air throws” and posture/position checks during throwing motion
- Weeks 21-40: begin easy throwing program with no pain during throwing motion

Signature _____

Date: _____