

## ELBOW LATERAL 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 (applied in operating room) at all times. Ok for wrist PROM and AROM

\_\_\_\_ Week 2:

- Apply hinged elbow brace with 30-90 degrees ROM setting
- Pain free and sub-maximal isometric elbow flexion/extension within above range (no AAROM/AROM elbow)
- No supination past neutral
- Shoulder and biceps isometrics

\_\_\_\_ Week 3:

- Brace set to 20-100 degrees ROM setting
- Pain free and submaximal isometric elbow flexion/extension within above range (no AAROM/AROM elbow)
- No supination past neutral

\_\_\_\_ Week 4-6:

- Brace set to 10-110 degrees ROM setting
- Begin AAROM and progress to AROM for elbow flexion/extension within above range
- No supination past neutral
- Wrist curls, wrist extension, wrist pro/sup (not past neutral) with light weight (1-2 lbs)
- Shoulder program to focus on RTC/scapular stabilizing strengthening without resisted ER

\_\_\_\_ Week 6-8:

- Brace initially set to 0-120 (full ROM) and then discontinue brace at end of week 6/early week 7 and progress AROM/AROM to full
- Begin light elbow flexion/extension strengthening
- Initiate shoulder ER strengthening program as well as progress shoulder program

\_\_\_\_ Week 9-12:

- Initiate elbow flexion/extension eccentric program and continue to progress shoulder, elbow, and wrist program

Signature \_\_\_\_\_

Date: \_\_\_\_\_