



## Rehabilitation Protocol

# Procedure: Ulnar Collateral Ligament Reconstruction

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### Phase I- Protective Phase (Weeks 0-3)

#### Goals:

1. Protect healing tissues and minimize deleterious stresses
2. Decrease pain, inflammation and swelling
3. Gradual return of protected AROM

#### Days 0-5

- Posterior splint at 90 degrees of elbow flexion
- Wrist active range of motion exercises and gripped exercises
- Initiate shoulder/scapular isometrics (except ER)

#### Days 5-14

- Apply functional brace set at 30-100 degrees
- Initiate active elbow flexion and extension within brace limits
- Initiate elbow isometrics (flexion, extension, pronation, supination)

#### Week 3

- Adjust functional brace to be set at 15-110 degrees  
(increase brace by 5 degree of extension per week)

### Phase II- Intermediate Phase (4-8 Weeks)

#### Goals:

1. Gradually increase range of motion to attain full range of motion by week 4-6
2. Promote healing of tissue
3. Regain and improve muscular strength

#### Weeks 4-6

- Adjust brace as stated above
- Begin light, high repetition isotonic exercise for elbow and progress gradually
- Progress shoulder program to isotonic/T-band (no ER until week 6)

#### Weeks 6-8

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- Begin low-load prolonged stretching for extension
- Begin shoulder ER exercises to complement existing shoulder/scapular exercises

#### **Phase III-Advanced Strengthening Phase (Weeks 9-13) Goals:**

1. Increase strength, power and endurance
2. Gradually initiate sports activities

#### **Weeks 9-16**

- Progress isotonic program
- Begin isokinetic and plyometric programs for shoulder and elbow
- Begin hitting at week 12

#### **Phase IV- Return to Activity Phase (Weeks 16-26)**

##### **Goals:**

1. Gradual return to sport activities
2. Continue stretching/strengthening program

#### **Week 16**

- Initiate throwing/interval sports programs

#### **Phase V- Return to sport (6 months)**

##### **Goals:**

1. Return to mound program/positional play

##### **Criteria for return to play:**

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program