

# ***REHABILITATION PROTOCOL***

## **Reconstruction of the Ulnar Collateral Ligament**

### **Phase 1—Immediate Postoperative Phase**

0 to 3 weeks

- Goals:  
Protect healing tissue.  
Decrease pain/inflammation.  
Retard muscular atrophy.

1 week

- Set posterior splint at 90° of elbow flexion.
- Begin wrist active ROM extension / flexion .
- Use elbow compression dressing (2 to 3 days)
- Begin Exercises:  
Gripping exercises (Play-doh).  
Wrist ROM.  
Shoulder isometrics (except shoulder ER).  
Biceps isometrics.
- Use cryotherapy.

2 weeks

- Apply ROM brace settings from 30 to 100°.
- Initiate wrist isometrics.
- Initiate elbow flexion / extension isometrics.
- Continue all exercises listed above.
- Gentle scar massage/mobilization.

3 weeks

- Advance brace 15 to 110° (gradually increase ROM; 5° of extension and 10° of flexion per week).
- Continue scar mobilization.

### **Phase 2—Intermediate Phase**

4 to 8

- Goals:  
Gradually increase ROM.  
Promote healing of repaired tissue.  
Regain and improve muscular strength.

4 weeks

- Set ROM brace (10 to 120°).
- Begin light resistance exercises for arm (1 lb):  
Wrist curls, extensions.  
Pronation / supination.  
Elbow extension / flexion.
- Progress shoulder program; emphasize rotator cuff strengthening (avoid ER until the sixth week).
- Begin gentle passive ROM for elbow flexion / extension.

6 weeks

- Set ROM brace at 0 to 130°; perform active ROM at 0 to 145° (without brace).
- Progress elbow strengthening exercises.
- Initiate shoulder ER strengthening.
- Progress shoulder program.