

Post-operative Guidelines following Ulnar Collateral Ligament Reconstruction

****Progression based on clinical criteria and/or time frames as appropriate****

Phase	Intervention	Goals and Criteria for Progression
<p>POD 1 - Week 3</p>	<p>Week 1</p> <ul style="list-style-type: none"> • Posterior splint at 90° elbow flexion with forearm in neutral • ROM: Wrist AROM • Elbow compression dressing 2-3 days after surgery <p>Physical Therapy:</p> <ul style="list-style-type: none"> • Gripping exercises • Wrist AROM/PROM • Sub-maximal shoulder isometrics <i>**NO ER ISOMETRICS to avoid force on repaired UCL**</i> • Sub-maximal bicep isometrics • Elbow PROM as tolerated, no pain, don't "push" or stretch • Leg circuit <ul style="list-style-type: none"> • Lunges • Step ups • Squats • Crabwalk • Heel raises • Stationary bike w/ brace • Ice for pain <p>Week 2</p> <ul style="list-style-type: none"> • Brace: Brace set 30-100° open motion <p>Physical Therapy:</p> <ul style="list-style-type: none"> • Submax pain free wrist isometrics • Submax pain free elbow flexion/extension isometrics • Continue exercises above • Edema/scar management • Nerve glides 	<p>Protect healing tissue</p> <p>Decrease pain/inflammation</p> <p>Retard muscle atrophy</p>

	<p>Week 3</p> <ul style="list-style-type: none"> • Brace: 15-110° <p>ROM: Gradually increase ROM 5° extension and 10° flexion per week</p> <p>Continue above exercises</p>	
<p>Weeks 4- 8</p>	<p>Weeks 4-6</p> <p>Brace: 10-120°</p> <p>AVOID RESISTED ER TILL WEEK 6</p> <p>Exercises added:</p> <ul style="list-style-type: none"> • Wrist curls • Wrist extensions • Pronation/supination with light weights • Elbow extension/flexion AAROM/AROM <p>Weeks 6-8</p> <p>Brace: 0-130°; brace can be discontinued by the end of week 6</p> <p>Exercises:</p> <ul style="list-style-type: none"> • AROM 0-145° • Progress elbow strengthening as appropriate • Initiate shoulder ER strengthening • Progress shoulder/RC program <p>Continue leg circuit, stationary bike</p> <p>Begin thoracic mobility exercises, emphasizing extension and rotation</p> <p>Hip mobility/flexibility exercises</p> <p>Ice PRN for pain</p>	<p>Promote gradual increase in ROM</p> <p>Promote healing in repaired tissue</p> <p>Improve muscular strength</p>
<p>Weeks 9-13</p>	<p>Weeks 9-10</p> <p>Exercises:</p> <ul style="list-style-type: none"> • Initiate eccentrics for elbow flexion/extension • Continue isotonic forearm and wrist strengthening • Continue shoulder program • Manual resistance diagonal patterns • Initiate plyometric program if appropriate 	<p>Increase endurance, strength, and power</p> <p>Maintain full elbow ROM and gradually initiate functional/occupational activities</p>

	<p>Weeks 11-13</p> <p>Continue above exercises</p> <p>Begin light sport/functional activities (golf, swimming, light lifting, etc.)</p>	
<p>Weeks 14-26</p>	<p>Weeks 14-15</p> <p>Continue strengthening of the upper quarter</p> <p>Emphasize overall UE flexibility to maximize ROM and muscle length</p> <p>Weeks 16-21</p> <p>Initiate return to throwing/interval sport program</p> <p>Weeks 22-26</p> <p>Return to competitive sport progression</p>	<p>Continue to increase strength and power</p> <p>Encourage gradual return to functional/occupational activities</p> <p>RETURN TO SPORT/DISCHARGE CRITERIA:</p> <ul style="list-style-type: none"> • Wall flexion and wall angel tests passed • Rotator cuff strength IR:ER ratio at least 66% • Symmetrical elbow flexion/extension • Full passive flexion • Bicep/tricep strength within 10-20% of uninvolved with HHD • Completed interval sport program without pain