

CHRONIC ULNAR COLLATERAL LIGAMENT RECONSTRUCTION USING AUTOGENOUS GRAFT Rehabilitation Protocol

PHASE I: WEEKS 0-1

- Posterior splint at 90° elbow flexion with wrist free
- Post-op compression dressing
- Post-op exercises of grip strengthening, wrist ROM, shoulder isometrics frequently as tolerated.

PHASE II: WEEK 2

- Application of functional brace set at 30° to 100°
- Initiate isometric wrist exercise program

PHASE III: WEEK 3

- Advance brace to 15° to 110°

PHASE IV: WEEKS 4-5

- Advance brace to 15° to 120°
- Begin light PRE of wrist curls, neutral wrist curls, reverse wrist curls, pronation, supination
- Progress shoulder ROM and strengthening, emphasizing- rotator cuff musculature. Avoid shoulder external rotation stretching due to excessive valgus stress at elbow.

PHASE V: WEEKS 6-7

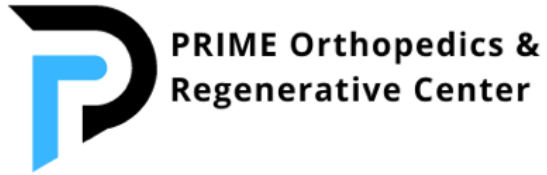
- Progress full elbow ROM and discontinue use of the brace
- Progress PRE; addition of bicep curl, triceps extension, broomstick roll-up
- Progress shoulder: external rotation stretching to tolerance

PHASE VI: MONTHS 2-3

- Initiate bicep and triceps eccentric exercise program

PHASE VII: MONTHS 4-5

- Begin gradual progression to functional activity
- Isokinetic testing
- Initiate interval throwing program



4675 Linton Blvd, Ste 200
Delray Beach, FL 33445

Phone: (561) 465-8884

Fax: (561) 922-7575

David Abbasi, MD - Orthopedic Surgery & Sports Medicine

Email: info@primeorthocenter.com

PHASE VIII: MONTH 6

- Return to competitive activity