

Elbow Ulnar Collateral Ligament Repair or Reconstruction Rehab Protocol

Post-op visits:

- 2w, 6w, 12w, 6m, 12m

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment

Restrictions:

- Motion restrictions:
 - **All motion exercises before week 6 should be done with the patient supine and humerus elevated (pointed towards ceiling)**
 - **Avoid valgus stresses across elbow for three months**

Return to sport:

- Goal: ~7-8 months
 - Must have full, painless range of motion with similar strength to the contralateral arm
 - Must have completed the return to throwing protocol and sports specific rehab

Weeks	Immobilization / Weight limit	Range of Motion	Exercises
0 – 2	* Splint in position of stability * Avoid valgus stress	* No elbow motion; okay for hand/wrist motion	* Edema control with elevation, ice, and hand/wrist exercises
2 – 3	* Brace unlocked 30 – 130 degrees; Locked at 90 deg when not exercising * < 1 lbs * Avoid valgus stress	* Full supination and pronation with elbow at 90 degrees * 30 – 130 degrees with forearm in supination or neutral	* Work on elbow motion at least 5x/day * Edema control with elevation, ice, and hand/wrist exercises
3 – 4	* Brace unlocked 15 – 130 degrees; Locked at 90 deg when not exercising * < 1 lbs * Avoid valgus stress	* Full supination and pronation with elbow at 90 degrees * 15 – 130 degrees with forearm in supination or neutral	* Work on elbow motion at least 5x/day * Edema control with elevation, ice, and hand/wrist exercises
4 – 6	* Brace unlocked 0 – 130 degrees; Locked at 90 deg when not exercising * < 1 lbs * Avoid valgus stress	* Full supination and pronation with elbow at 90 degrees * 0 – 130 degrees with forearm in neutral or supination * start static splint or in brace if stiff (see elbow contracture protocol)	* Work on elbow motion at least 5x/day * Edema control with elevation, ice, and hand/wrist exercises
6 – 9	* Discontinue brace * 1 lb * Avoid valgus stress	* Achieve full, unrestricted motion	* Begin 1lb resistance training for elbow, shoulder, and periscapular muscles
9 – 12	* No brace * 2 -3 lb * Avoid valgus stress	* Full, unrestricted motion	* 2-3lb resistance training for elbow, shoulder, and periscapular muscles
12+	* No brace * Progress weight limit to normal	* Full, active motion	* Start progressive strengthening * Start throwing program (see return to throwing protocol)