

Ulnar (Medial) Collateral Ligament Reconstruction - Post Op Protocol

Post Op Precautions - *Physical Therapy begins 2 Weeks post op*

- Check for clean and dry incisions
- Educate patient on brace wear
- Protect graft: **NO Extreme Flexion, Extension, and/or Valgus**

Phase I: Immediate Postoperative Phase Weeks 0-3

- Protect healing tissue
- Decrease pain/inflammation
- Prevent muscle atrophy

Postoperative Weeks 1-2 (Brace locked)

- 90 degrees elbow flexion
- Wrist AROM extension / flexion
- Elbow compression dressing (2-3 days)
- Exercises: Gripping, Wrist ROM, Shoulder Isometrics (No shoulder ER), Biceps Isometrics

Postoperative Week 2-3

- Advance brace 60-90 degrees ROM, 5 degrees of extension (10 degrees of flexion per week)
- Isometric ham set and SLR (pain-free)

Phase II: Intermediate Phase –Weeks 4-8

- Promote healing of repaired tissue
- Regain and improve muscular strength

Postoperative Weeks 4-5

- Functional brace set (10 to 120)

Postoperative Weeks 6-7

- May discontinue brace
- Begin light resistance exercises for arm (1 lb) wrist curls (extension, flexion, pronation/supination, and elbow flexion and extesnsions)
- Initiate shoulder ER strengthening
- Progress shoulder program
- Progress LE strengthening (quad and ham)

Phase III: Advanced Strengthening phase Weeks 8-12

- Gradually initiate sporting activities

Postoperative Weeks 8-9

- Initiate eccentric elbow flexion and extension
- Continue isotonic program; forearm and wrist
- Continue shoulder program
- Manual resistance diagonal patterns
- Initiate plyometric exercise program

Postoperative Weeks 10-12

- Continue all exercises listed above
- May begin light sport activities (e.g. golf/swimming)

Phase IV: Return to Activity Phase –Weeks 12-24

Postoperative Weeks 13-22

- Initiate interval throwing program (when determined by physician)
- Continue strengthening program
- Emphasize on elbow and wrist strengthening and flexibility exercises

Postoperative Weeks 23-26

- Return to competitive throwing (when determined by physician)

DC Criteria: Full ROM, good to normal strength, and return to ADL's

Referenced from The Athlete's Elbow by Andrews JR, Altchek DW