



Department of Orthopaedic Surgery  
Sports Medicine and Shoulder Service

## UCL Ligament Reconstruction Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: UCL tear

Frequency: 2-3 visits/week    Duration: 4 months

Phase 1 (0-1 week)

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Phase 2 (1-4 weeks)

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Phase 3 (4-6 weeks)

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Phase 4 (6-8 weeks)

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Phase 5 (8-10 weeks)

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Phase 6 (10- 13 weeks)

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