

Department of Orthopaedic Surgery Sports Medicine and Shoulder Service

UCL Ligament Reconstruction Rehab Protocol Prescription

Patient Name:	Date:
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Diagnosis: UCL tear Frequency: 2-3 visits/week Duration: 4 months

Phase 1 (0-1 week)

- Splint @ 70° (MD directed)
- Gripping exercises
- Wrist RÖM
- Modalities as needed

Phase 2 (1-4 weeks)

- D/csplint
- Brace: ROM 40-80°
- Pain free wrist isometrics
- Pain free elbow isometrics
- Pain free shoulder isometrics (x IR/ER)
- Manual scapular stabilization exercises
- Modalities prn

Phase 3 (4-6 weeks)

- Brace opened to 20-90° (MD directed)
- Increase ROM gradually
- Light wrist isotonics
- Light elbow isotonics
- Advance scapular strengthening
- Advance to light shoulder strengthening (x ER)
- Avoid valgus stress @ elbow

Phase 4 (6-8 weeks)

- D/cbráce (MD directed)
- Continue to restore ROM
- Progress wrist, elbow & shoulder isotonics
- Begin ERstrengthening in neutral
- Upper body ergometer

Phase 5 (8-10 weeks)

- Advance elbow/wrist strengthening (stress eccentrics)

- Advance erbow, which strengthening (stress eccer)
 Begin PNF patterns
 Continue aggressive shoulder strengthening
 Advance RC strengthening to overhead position
 Continue UBE for endurance training

Phase 6 (10-13 weeks)

- Continue aggressive UE strengthening
 Begin plyometric program (must be pain free with good strength base)
 Restore normal fle480 0 h(o)7th48009h base)