

## 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)

Splint @ 70° (MD directed)

Gripping exercises

Wrist ROM

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 Estrengthening in neutral

Upper body ergometer

Phase 5 (8-10 weeks)

Advance elbow/wrist strengthening (stress eccentrics) 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)