



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)

Phase 2 (1-4 weeks)

Phase 3 (4-6 weeks)

Phase 4 (6-8 weeks)

Phase 5 (8-10 weeks)

Phase 6 (10- 13 weeks)