

Ulnar Collateral Ligament Repair Protocol

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- A. 0-2 weeks post-op
 - 1. Brace:
 - a. IROM locked at 90° flexion for 1 week
 - b. At 1 week post-op open allowing -30-100°
 - c. Wear at all times except bathing and for PT
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise
 - a. AA-PROM for elbow. ROM restriction: -30-100°
 - b. A-AA forearm pronation-supination to tolerance
 - c. AROM wrist, hand, fingers
 - d. AROM for shoulder (in brace)
- B. 2-4 weeks post-op
 - 1. Brace
 - a. Continue constant use
 - b. Open flexion and extension ROM 10° < then patient's active measurements
 - 2. Continue cryotherapy and modalities as indicated
 - 3. Exercise
 - a. A-AA-PROM for elbow. ROM restrictions: -15-120°
 - b. Braced progressive OKC and CKC wrist, hand, and shoulder strength work
 - c. Avoid valgus stress to elbow
- C. 4-6 weeks post-op
 - 1. Brace: Same
 - 2. ROM: Work to restore full elbow ROM
 - 3. Exercise
 - a. Progressive OKC and CKC for entire upper extremity
 - b. Braced to avoid valgus stress to elbow
- D. 6-12 weeks post-op
 - 1. Wean from bracing
 - 2. Progressive UE strength, proprioceptive, and stabilization work
- E. 12-16 weeks post-op
 - 1. Add progressive UE plyometrics
- F. 16 weeks post-op
 - 1. Interval programs
 - 2. Sport specific activities and mainstreaming back into sport