

Palmetto Health USC

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POST-OPERATIVE REHABILITATION FOLLOWING CHRONIC ULNAR COLLATERAL LIGAMENT RECONSTRUCTION USING AUTOGENOUS GRAFT

I. **PHASE 1:** Immediate Post-Operative Phase (0-3 weeks)

Goals: Protect healing tissue
Decrease pain/inflammation
Retard muscular atrophy

A. Week 1

1. Posterior splint at 90° elbow flexion
2. Wrist AROM extension/flexion
3. Elbow compression dressing (2 - 3 days)
4. Exercises: gripping exercises, wrist range of motion , shoulder isometrics (except shoulder ER), biceps isometrics
4. Cryotherapy

B. Week 2

1. Application of functional brace 30 - 100°
2. Initiate wrist isometrics
3. Initiate elbow flexion/extension isometrics
4. Continue all exercises listed above

C. Week 3

1. Advance brace 15 - 110° (Gradually increase range of motion; 5° extension/10° flexion per week)

Phase II Intermediate Phase (week 4 - 8)

Goals: Gradual increase in range of motion
Promote healing of repaired tissue
Regain and improve muscular strength

A. Week 4

1. Functional brace set (10 - 120°)
2. Begin light resistance exercises for arm (1 lb)
 - * wrist curls, extensions
 - * pronation/supination
 - * elbow extension/flexion
3. Progress shoulder program - emphasize rotator cuff strengthening (avoid ER until 6th week)

B. Week 6

1. Functional brace set (0-130°); AROM 0 - 145° (without brace)
2. Progress elbow strengthening exercises
3. Initiate shoulder external rotation strengthening
4. Progress shoulder program

Phase III

Advanced Strengthening Phase (week 9 - 13)

Goals: Increase strength, power, endurance
Maintain full elbow range of motion
Gradually initiate sporting activities

A. Week 9

1. Initiate eccentric elbow flexion/extension
2. Continue isotonic program; forearm & wrist
3. Continue shoulder program - Throwers Ten Program
4. Manual resistance diagonal patterns
5. Initiate plyometric exercise program

B. Week 11

1. Continue all exercises listed above
2. May begin light sport activities (i.e., golf, swimming)

Phase IV

Return to activity phase (week 14 - 26)

Goals: Continue to increase strength, power and endurance of upper extremity musculature
Gradual return to sport activities

A. Week 14

1. Initiate interval throwing program (phase I)
2. Continue strengthening program
3. Emphasis on elbow and wrist strengthening and flexibility exercises

B. Week 22 - 26

1. Return to competitive throwing