

ULNAR COLLATERAL LIGAMENT RECONSTRUCTION

Phase I- Protective Phase (Weeks 0 – 3)

Goals:

- Protect healing tissues and minimize deleterious stresses
- Decrease pain, inflammation and swelling
- Gradual return of protected AROM

Days 0 - 5

- Posterior splint at of elbow flexion
- Wrist active ROM exercises and gripping exercises
- Initiate shoulder/scapular isometrics (except ER)

Days 5 - 14

- Apply functional brace set at –
- Initiate active elbow flexion and extension within brace limits
- Initiate elbow isometrics (flexion, extension, pronation, supination)

Week 3

- Adjust functional brace to be set at –
(increase brace by of extension and of flexion per week)

Phase II – Intermediate Phase (4 – 8 Weeks)

Goals:

- Gradually increase ROM to attain FROM by week 4 - 6
- Promote healing of tissue
- Regain and improve muscular strength

Weeks 4 - 6

- Adjust brace as stated above
- Begin light, high repetition isotonic exercise for elbow and progress gradually
- Progress shoulder program to isotonics/T-band (no ER until week 6)

Weeks 6 – 8

- Begin low-load prolonged stretching for extension
- Begin shoulder ER exercises to compliment existing shoulder/scapular exercises

Phase III – Advanced Strengthening Phase (Weeks 9 - 13)

Goals:

- Increase strength, power and endurance
- Gradually initiate sports activities

Weeks 9 - 16

- Progress isotonic program
- Begin isokinetic and plyometric programs for shoulder and elbow
- Begin hitting at week 12

Phase IV – Return to Activity Phase (Weeks 16 – 26)

Goals:

- Gradual return to sport activities
- Continue stretching/strengthening program

Week 16

- Initiate throwing/interval sports program

Phase V – Return to sport (6 months)

- Return to mound program/positional play

Criteria for return to play:

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program