

ULNAR COLLATERAL LIGAMENT REPAIR



Post-op protocol for *Daniel Myer, M.D.*

Maximum Protection (0 to 10 Days):

0 to 10 Days:

- Immobilization in posterior splint at 60° of elbow flexion: Sling for 2 to 3 weeks
- Ice and modalities to reduce pain and inflammation
- Begin passive, progressing to active wrist and hand range of motion
- Begin hand strengthening

Phase II – Progressive Stretching and Active Range of Motion (10 days to 6 weeks):

10 days to 3 weeks:

- Brace setting 30° to 100° with active Elbow flexion & Extension 30° to 100°
- Increase intensity of wrist and hand strengthening
- Begin rotator cuff & scapular strengthening avoiding valgus stress
- Proprioception drills emphasizing neuromuscular control

Weeks 3 to 4:

- Brace setting from 15° to 110° (increase settings 5° of extension & 10° of flexion per week)
- Continue with gradual progression in ROM as outlined in week 2

Weeks 4 to 5:

- Brace setting 10° to 120° and Begin light biceps and triceps strengthening
- Continue with progressive rotator cuff and scapular strengthening avoiding valgus stress

Weeks 5 to 6:

- Brace setting 5° to 130°: Continue Above exercises

Phase III – Strengthening Phase (Weeks 6 to 10):

Weeks 6 to 8:

- Discontinue brace & Restore full elbow range of motion with terminal stretching
- Resisted biceps, wrist, and hand strengthening
- Proprioception and neuromuscular control drills
- Manual resistance and PNF patterns with proximal stabilization

Weeks 8 to 10:

- Continue with end range stretching
- Advance rotator cuff, scapular, wrist and forearm strengthening programs

Phase IV – Advanced Strengthening and Plyometric Drills (Weeks 10 to 16):

Weeks 10 to 16:

- Continue with end range stretching & Advance gym strengthening avoid valgus stress
- Initiate closed kinetic chain exercises in protected range
Push-ups Seated serratus push-ups
- Initiate plyometric drills: Plyoball wall drill, Two-armed rebounder drills, progressing to one-armed

Phase V – Interval Throwing Program (Week 16):