

**ULNAR COLLATERAL LIGAMENT
RECONSTRUCTION with
AUTOGRAFT**



**CRYSTAL CLINIC
ORTHOPAEDIC CENTER**

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

Maximum Protection (0 to 10 Days):

0 to 10 Days:

- ☛ Immobilization in posterior splint at 60-90° of elbow flexion
 - ☛ Wrist and hand active ROM
 - ☛ Sling for 3 weeks unless doing ROM
- ☛ Elevate, ice and modalities to reduce pain and inflammation

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

10 days to 3 weeks:

- ☛ Hinged elbow brace
 - ☛ Week 2-3: 30° to 100°
- ☛ Increase intensity of wrist and hand strengthening
- ☛ Begin rotator cuff & scapular strengthening avoiding valgus stress
- ☛ Proprioception drills emphasizing neuromuscular control
- ☛ Elbow and wrist / forearm scar management

Weeks 4-6:

- ☛ Hinged brace: 15° to 110° (increase settings appx 5° of extension & 10° of flexion per week)
- ☛ Continue core, LE, rotator cuff & scapular strengthening avoiding valgus stress
- ☛ Goal is to achieve full ROM

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

Weeks 6 to 8:

- ☛ Discontinue brace & restore full elbow range of motion with terminal stretch
- ☛ 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: start around 16-20 weeks