

Elbow Ulnar Collateral Ligament Repair/Reconstruction

Dr. Bear

Surgical Description:

- A procedure during which an incision is made along the medial aspect of the elbow to repair a torn or overstretched ligament in order to provide stability for the elbow joint.

Phase I (1 – 4 weeks post-op)

- Brace:
 - Hinged elbow brace locked at 60 degrees elbow flexion to be worn at all times with the exception of bathing/hygiene tasks
- ROM:
 - NO PROM
 - Begin AROM:
 - Wrist/hand within confines of the brace
 - Elbow flexion/extension AROM 30-60 degrees with forearm supinated
 - Forearm supination/pronation in 45-60 degrees of elbow flexion

Phase II (4 weeks post-op)

- Brace:
 - Continue full time brace wear locked at 60 degrees flexion
- ROM:
 - NO PROM
 - Avoid valgus stress
 - Continue elbow AROM increasing by 5 degrees extension and 10 degrees flexion, per week, up to 15-115 degrees

Phase III (6 weeks post-op)

- Strengthening:
 - Begin pain-free isometrics (deltoid, wrist flex/ext, elbow flex/ext)
 - Manual scapular stabilization exercises with proximal resistance

Phase IV (8 weeks post-op)

- Brace:
 - Discontinue elbow brace
- ROM:
 - Progress to unrestricted AROM

- Initiate low load-long duration stretch for elbow extension as needed
- Strengthening:
 - Begin isotonic for scapula, shoulder, elbow, forearm, and wrist
 - Limit to 1 lb weight for elbow, forearm, and wrist isotonic

Phase V (10 weeks post-op)

- Strengthening:
 - Begin ER/IR strengthening at 0 degrees shoulder abduction
 - Advance to strengthening
 - Supination/pronation strengthening
 - UBE
 - PNF diagonals
 - Eccentric strengthening in elbow flexion/extension
 - Core strengthening

Phase V (12-16 weeks post-op)

- Advance to Thrower's Ten Program for shoulder strengthening
 - IR/ER strengthening to 90 degrees shoulder abduction
- Begin pain-free plyometrics

Considerations:

- At 5 months post-op, Return to Interval Throwing and Hitting Programs

Adapted From:

- 1) Indiana Hand Protocol
- 2) Consultation with Dr. Brian Bear, MD at Orthollinois