

THERAPY PROTOCOL

UCL Repair or Reconstruction (Elbow)

Procedure: Surgical reconstruction or repair of the UCL attempts to restore stability of the elbow. Incision is on the medial aspect of the elbow. Reconstruction is typically completed with autograft tendon.

Considerations:

- UCL stabilizes the elbow joint from valgus stress. Avoid valgus stress in early phases
- Elbow flexion beyond 50 degrees increases stress on the reconstructed UCL, but full extension and isometric exercises are safe to perform
- If flexion ROM is not progressing as expected through AROM, therapist should consult surgeon before introducing flexion PROM

1-4 weeks Post Op:

- Precautions:
 - No flexion PROM
 - Avoid valgus stress
- Orthosis:
 - Elbow static orthoplast: 60 degrees flexion, neutral forearm rotation
 - Remove for hygiene and therapy exercises
- ROM:
 - No PROM
 - Begin AROM:
 - Wrist flexion/extension, forearm isometrics
 - Elbow flexion/extension AROM 30-60 degrees in forearm supinated and forearm neutral positions
 - Forearm supination/pronation in 45-60 degrees of elbow flexion
 - Shoulder (avoid ER and abduction)
 - Manual scapular stabilization with proximal resistance

4-8 weeks Post Op:

- Precautions:
 - No flexion PROM
 - Avoid valgus stress
- Orthosis:
 - Continue full time orthosis wear at 60 degrees flexion
- ROM:

- Continue elbow AROM increasing by 5 degrees extension and 10 degrees flexion, per week, up to 15-115 degrees
- Elbow extension PROM if needed, within weekly restrictions

Begin 5 Weeks Post Op:

- Begin light resistance exercises (1lb)
- Wrist flexion/extension
- Forearm pronation/supination
- Elbow flexion/extension within weekly restrictions

8-10 Weeks Post Op

- Orthosis:
 - Discontinue elbow orthosis
- ROM:
 - Progress to unrestricted AROM
 - Full ROM expected by 9-10 weeks post-op

10-12 Weeks Post Op

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

12-16 Weeks Post Op

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