



## Rehabilitation Protocol: Medial Elbow Ligament (UCL) Reconstruction

	<b>RANGE OF MOTION</b>	<b>BRACE</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 1 - 4 weeks</b>	Gentle Passive ROM from 0-90 degrees as tolerated.	Hinged brace set at 30-90 degrees.  Worn at all times except for hygiene and therapeutic exercise.	Shoulder, wrist, hand ROM. Scapular strengthening from above elbow.  Modalities: heat before, ice after.
<b>PHASE II 4 - 6 weeks</b>	Begin A/AAROM. Advance to full flexion. No forced full flexion.	Hinged brace set at 0-90 degrees.	Begin wrist flexion and extension exercises. Avoid active pronation.
<b>PHASE III 6 - 12 weeks</b>	Progress to full motion. Correct deficits.	Discontinue brace.	Begin elbow flexion and then extension resistance training with elbow at side. Avoid valgus stress to elbow.
<b>PHASE IV 12 - 16 weeks</b>	Full painless motion.	None.	Begin isometric strengthening in the 90/90 position. Add rotational strengthening. Allow gentle throw back exercises.
<b>PHASE V 4 - 10 months</b>	Full.	None.	Start progressive return to throwing program. May start to pitch off flat ground at 6 months, off mound at 7 months. Anticipate return to competitive throwing at 10 months.

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