

ULNAR COLLATERAL LIGAMENT REVISION/CONSTRUCTION

Phase I- Protective Phase (0 – 3 Weeks Post-op)

Goals:

- Protect healing tissues and minimize deleterious stresses
- Decrease pain, inflammation and swelling
- Gradual return of protected AROM

Days 0 - 21:

- Posterior splint at 90° of elbow flexion
- Wrist/Finger active ROM exercises and light gripping exercises

Phase II – Intermediate Phase (3 - 8 Weeks Post-op)

Goals:

- Gradually increase ROM to attain FROM by 8 – 9 weeks post-op
- Promote healing of tissue
- Regain and improve muscular strength

3 Weeks Post-op:

- Adjust Brace to Block 50 deg extension, 90 deg flexion
- In Brace locked at 90 degrees: AROM 3 way shoulder raise
- Stationary lower extremity bike
- Body Weight Squats

4 Weeks Post-op:

- In Brace locked at 90 degrees: Shoulder Isometrics (Ext, Abd)
- May progress 3 way shoulder raises by placing cuff weight on proximal humerus above brace
- Initiate 1lb wrist strengthening. Progress 1 lb per week
- Initiation of scar massage if wounds well healed

5 Weeks Post-op:

- Adjust Brace to Block 30 deg extension, 100 deg flexion
- In Brace locked at 90 degrees: Progress Shoulder Isometrics (add Flexion and ER)

6 Weeks Post-op:

- Adjust Brace to Block 20 deg extension, 110 deg flexion

7 Weeks Post-op:

- Adjust Brace to Block 10 deg extension, 120 deg flexion

8 Weeks Post-op:

- Adjust Brace to full range of motion



Home to the Texas Rangers

- In Brace locked at 90 degrees: Progress Shoulder Isometrics (add light IR)

Phase IV – Progressive Strengthening Phase (9 – 36 Weeks Post-op)

Goals:

- Progress scap/cuff isotonic
- Progress legs/core strengthening
- Allow adequate biological healing of UCL revision graft

9 Weeks Post-op:

- Initiate bicep curl 1 lb per week

10 Weeks Post-op:

- Initiate light tricep extension pressdowns with supinated or neutral grip. No pronated grip with combined resistive tricep extension.

12 Weeks Post-op:

- Initiate Rice Bucket

16 Weeks Post-op:

- BodyBlade work
- Manuals/Rhythmic Stabilizations
- Ball drops
- Resume upper body weight room workouts with elbow valgus precautions

7 Months Post-op:

- 2 handed UE plyos (chest pass, overhead, chops)

8 Months Post-op:

- 1 handed UE plyos (IR/ER at neutral, 90/90 IR)
- Towel Throws

Phase V – Return to sport activities (9 months – 18 months post-op)

- 9 months post-op: Initiate Interval Throwing Program
- 12 months post-op: Interval Flat Ground to Mound program
- 15 months post-op: Face Batters
- 18 months post-op: Game situations

Criteria for return to play:

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program