



# ADVANCED ORTHOPAEDIC SPECIALISTS

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## Postoperative Rehabilitation Following Chronic Ulnar Collateral Ligament Reconstruction Using Autogenous Grafts

	Goals	ROM	Therapeutic Exercises
<b>Phase I</b> <b>0 - 3 Weeks</b> <i>PT 2x/week</i>	<ul style="list-style-type: none"> <li>- Protect healing tissue</li> <li>- Decrease pain/inflammation</li> <li>- Retard muscular atrophy</li> </ul>	<b>Week 1:</b> Postoperative splint at 90° <b>Week 2:</b> Application of functional brace 30° to 100° <b>Week 3:</b> Advance brace to 10-110° (gradually increase ROM; 5° extension/10° flexion per week)	<b>Week 1:</b> Wrist AROM ext/flexion. Elbow compression dressing (2 to 3 days). Exercises such as gripping exercises, wrist ROM, shoulder isometrics (except shoulder ER, biceps isometrics). Cryotherapy. <b>Week 2:</b> Initiate wrist isometrics. Initiate elbow flex/ext isometrics. Continue all exercises listed above. <b>Week 3:</b> Continue above exercises
<b>Phase II</b> <b>4 - 8 Weeks</b> <i>Weeks 4-6: PT 2x/week</i> <i>Weeks 7-16: PT 1x/week, AFP 1-2x/week</i>	<ul style="list-style-type: none"> <li>- Gradual increase in range of motion</li> <li>- Promote healing of repaired tissue</li> <li>- Regain and improve muscular strength</li> </ul>	<b>Week 4:</b> Functional brace set 10-120° <b>Week 6:</b> Brace set to 0-130° AROM should be 0-145° without brace	<b>Week 4:</b> Begin light resistance exercises for arm (1lb), wrist curls, extensions pronation/supination elbow ext/flexion. Progress shoulder external rotation emphasize rotator cuff strengthening (avoid ER until 6th week). Continue all exercises listed above. <b>Week 6:</b> Progress elbow strengthening exercises. Initiate shoulder external rotation strengthening. Progress shoulder program.
<b>Phase III</b> <b>9 - 13 Weeks</b>	<ul style="list-style-type: none"> <li>- Increase strength/power/endurance</li> <li>- Maintain full elbow ROM</li> <li>- Gradually initiate sporting activities</li> </ul>	Full ROM	<b>Week 9:</b> Initiate eccentric elbow flexion/extension. Continue isotonic program; forearm and wrist. Continue shoulder program — (Throwers Ten Program). Manual resistance diagonal patterns. Initiate plyometric exercise program. <b>Week 11:</b> Continue all exercises listed above. May begin light sport activities (e.g. golf, swimming).
<b>Phase IV</b> <b>14 - 26 Weeks</b>	<ul style="list-style-type: none"> <li>- Continue to increase strength, power, and endurance of upper extremity musculature</li> <li>- Gradual return to sport activities</li> </ul>	Full ROM	<b>Week 14:</b> Initiate interval throwing program (phase 1). Continue strengthening program. Emphasis on elbow and wrist strengthening and flexibility exercise <b>Weeks 22-26:</b> Return to competitive throwing