

**POST-OPERATIVE REHABILITATION PROTOCOL FOLLOWING
ULNAR COLLATERAL LIGAMENT RECONSTRUCTION
USING AUTOGENOUS GRACILIS GRAFT**

I. IMMEDIATE POST-OPERATIVE PHASE (0-3 weeks)

Goals: Protect healing tissue
Decrease pain/inflammation
Retard muscular atrophy
Protect graft site – allow healing

A. Post-Operative Week 1

Brace: Posterior splint at 90 degrees elbow flexion – applied at surgery
Remove and begin early aggressive ROM at 5-7 days, apply brace
Range of Motion: Wrist AROM ext/flexion immediately postoperative (day 2-3)
Knee ROM day 1

Elbow compression dressing (2-3 days)
Calf (graft site) compression dressing 7-10 days

Exercises: Gripping exercises
Wrist ROM
Shoulder isometrics (No Shoulder **ER**)
Biceps isometrics
No involved leg exercises first week

Cryotherapy: To elbow joint and to graft site below knee

Crutch: Use one crutch as needed for 3-5 days

B. Post-Operative Week 2

Brace: Elbow ROM 20-110 degrees by end of week 2 – Carefully monitor motion – if
healing tight progress ROM and AAROM to obtain ROM goals

Exercises: Continue all exercises listed above
Elbow Range of Motion in brace (30-105 degrees)
Initiate elbow extension isometrics
Continue knee ROM exercises
Initiate light scar mobilization over distal incision (graft)

Cryotherapy: Continue ice to elbow and graft site

C. Post-Operative Week 3

Brace: Elbow ROM at least 10-120 degrees by end of week 3 or full ROM if tolerated

Exercises: Continue all exercises listed above
Elbow ROM in brace
Initiate active ROM Wrist and Elbow (No resistance)
Initiate light hamstring stretching
Initiate active ROM shoulder;
-Full can
-Lateral raises
-ER/IR tubing

-Elbow flex/extension
Initiate light scapular strengthening exercises
Initiate bicycle for lower extremity ROM and strength
May initiate light hamstring isometrics

II. INTERMEDIATE PHASE (Week 4-7)

Goals: Gradual increase to full ROM
Promote healing of repaired tissue
Regain and improve muscular strength
Restore full function of graft site

A. Week 4

Brace: Progress Elbow ROM as fast as soft tissue inflammation allows. Goal of 0-130 degrees by end of week 4

Exercises: Begin light resistance exercises for arm (1 lb)
- Wrist curls, extensions, pronation, supination
- Elbow extension/flexion
Progress shoulder program emphasize rotator cuff and scapular strengthening
Initiate shoulder strengthening with light dumbbells
Isometrics for hamstrings and calf muscles

B. Week 5

ROM: Elbow ROM 0-135 degrees
Discontinue brace

Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

C. Week 6

AROM: 0-145 degrees without brace or full ROM

Exercises: Initiate MGH Thrower's Twelve Program
 Progress elbow strengthening exercises
 Initiate shoulder external rotation strengthening
 Progress shoulder program
 Initiate isotonic strengthening for graft site hamstrings/calf

D. Week 7

Progress MGH Thrower's Twelve Program (progress weights)
Initiate PNF diagonal patterns (light)

III. ADVANCED STRENGTHENING PHASE (Week 8-14)

Goals: Increase strength, power, endurance
 Maintain full elbow ROM
 Gradually initiate sporting activities

A. Week 8

Exercises: Initiate eccentric elbow flexion/extension
 Continue isotonic program: forearm & wrist
 Continue shoulder program –MGH Thrower's Twelve Program

 Manual resistance diagonal patterns
 Initiate plyometric exercise program
 (2 hand plyometrics close to body only)
 -Chest pass
 -Side-throw close to body
 Continue stretching calf and hamstrings

B. Week 10

Exercises: Continue all exercises listed above
 Program plyometrics to 2 hand drills away from body
 -Side to side throws
 -Soccer throws
 -Side throws

C. Week 12-14

Continue all exercises
Initiate isotonic machines strengthening exercises (if desired)
-Bench press (seated)
-Lat pull-down
Initiate golf, swimming
Initiate interval hitting program

IV. RETURN TO ACTIVITY PHASE (Week 14-32)

Goals: Continue to increase strength, power, and endurance of upper extremity musculature
Gradual return to sport activities

A. Week 14

Exercises: Continue strengthening program
Emphasis on elbow and wrist strengthening and flexibility exercises
Maintain full elbow ROM
Initiate one hand plyometric throwing (stationary throws)
Initiate one hand wall dribble
Initiate one hand baseball throws into wall

B. Week 16

Exercises: Initiate interval throwing program (Phase I) [long toss program]
Throw 3 times a week with a day off in-between
Continue MGH Thrower's Twelve Program and plyometric exercises
Continue to stretch before and after throwing

C. Week 22-24

Exercises: Progress to Phase II throwing (once successfully completed Phase I)

D. Week 30-32

Exercises: Gradually progress to competitive throwing/sports