**Elbow Ulnar Collateral Ligament Repair Rehabilitation Protocol**

**Sling for 2 weeks.**

**Phase 1 – Maximum Protection Phase (0-10 days)**

Week 1 Reduce Inflammation

 Immobilization in hinged brace/posterior splint at

90° of elbow flexion

 Ice and modalities to reduce pain and

inflammation

 Begin passive, progressing to active wrist and

hand range of motion

 Begin hand strengthening

Light Cardio

**Phase 2 – Progressive Stretching and AROM (10 days to 6 weeks)**

Week 2-3Brace setting 30° to 100°

 Active elbow flexion and extension 30° to 100°

 Increase intensity of wrist and hand strengthening

 Begin rotator cuff strengthening avoiding valgus

stress

No IR

 Scapular strengthening exercises

 Proprioception drills emphasizing neuromuscular

control

Week 3-4 Brace setting 15° to 110°

 Increase range settings, 5° of extension and 10°

of flexion per week, progressing to full by week 6

Continue with gradual progression in ROM as outlined in week 2

Week 4-5 Brace setting 10° to 120°

 Begin light biceps and triceps strengthening

Continue with progressive rotator cuff and scapular strengthening avoiding valgus stress

Week 5-6 Brace setting 5° to 130°

**Phase 3 – Strengthening Phase (Weeks 6-10)**

Week 6-8 Discontinue brace, modalities as needed

 Restore full elbow ROM with terminal stretching

 Resisted biceps, wrist, and hand strengthening

 Proprioception and neuromuscular control drills

 Manual resistance and PNF patterns with

proximal stabilization

Week 8-10 Continue with terminal stretches

Advance rotator cuff and scapular strengthening program

90-90 strengthening

Initiate Gym Routine – avoidance of valgus stress

Initiate 2 handed plyometrics, if ready

Week 10-12 Continue with advanced cuff, elbow and

forearm strengthening

Plyometric progression of 2 handed to 1 handed, starting low and moving to overhead

Return to Sport prior to return all ROM, strength, endurance and

functional requirements of sport must be met

**Contact Sports** - 16+ weeks per MD clearance, braced

**Throwing** – 12-16 weeks per MD, met all ROM

**Hitting** – 10-12 weeks per MD, 2-3 weeks prior to or after starting ITP

**Tennis** – low strokes 10-12 weeks, serves 12-16 weeks