



**Ulnar Collateral Ligament Repair
Post op Physical Therapy Plan**

Date of Surgery: _____

Surgeon: _____

Sling Use: ___ 2 wks ___ 3 wks

Splint Use: 0-10 days

Brace Use: 10 days-3wks at 30-100 degrees

3-4 wks 15-110

4-5wks 10-120

5-6 wks 5-130

D/C brace at 6 wks

Ulnar Collateral Ligament Repair

Post op Physical Therapy protocol

Ideally patients reach the milestones prior to advancing to the next phase

	Intervention	Milestones
Phase I 0-10days	<ul style="list-style-type: none"> • Immobilization in posterior splint at 60° • Sling for 2 to 3 weeks • Ice and modalities to reduce pain and inflammation • Begin passive, progressing to active wrist and hand range of motion • Begin hand strengthening 	<ul style="list-style-type: none"> • Good pain control • Controlled swelling
Phase II (10 days-3wks)	<ul style="list-style-type: none"> • Brace 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 • Scapular strengthening exercises • Proprioception drills emphasizing neuromuscular control 	<ul style="list-style-type: none"> • AROM elbow 30-100 painfree • Continue to control swelling
Phase II cont. (3-6 wks)	<ul style="list-style-type: none"> • Brace setting from 15° to 110°; increase range settings 5° of extension and 10° of flexion per week progressing to full by week 6 <ul style="list-style-type: none"> Brace 10-120 wk 4 Brace 5-130 wk 5 • Continue with gradual progression in ROM as outlined in phase II • At wk 4 start BFR program with light tricep and bicep strengthening and continue PRE's for RTC and scapular stabilizers avoiding valgus stress • Begin cardio program 	<ul style="list-style-type: none"> • ADLs without pain • AROM 0-130
Phase III (6-8 wks)	<ul style="list-style-type: none"> • Discontinue brace • Modalities as needed 	<ul style="list-style-type: none"> • Elbow AROM full and painfree

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	<ul style="list-style-type: none"> • Restore full elbow range of motion with terminal stretching • Resisted biceps, wrist, and hand strengthening • Proprioception and neuromuscular control drills • Manual resistance and PNF patterns with proximal stabilization 	
Phase III cont (8-10 wks)	<ul style="list-style-type: none"> • Continue with end range stretching • Continue BFR program • Advance rotator cuff and scapular strengthening program • Advance wrist and forearm strengthening • Begin gym-strengthening program 3 to 4 times per week • Seated rows, front lat. Pulls, biceps triceps, dumbbell chest press and flys-avoiding valgus stress at the elbow. Gradually increase intensity • Start and progress core program 	<ul style="list-style-type: none"> • RTC strength 80% uninvolved side • Scapular endurance test 80% of uninvolved side • Hip IR WNL • Glute strength 5/5 • Thoracic rotation WNL
Phase IV (10-16wks)	<ul style="list-style-type: none"> • Continue with end range stretching • Advance gym strengthening avoid valgus stress • Initiate closed kinetic chain exercises in protected range <ul style="list-style-type: none"> ○ Push-ups, seated serratus push-ups • Initiate plyometric drills <ul style="list-style-type: none"> ○ Plyoball wall drills ○ Two-armed rebounder drills, progressing to one-armed 	<ul style="list-style-type: none"> • UE Y-balance 75% of norm or 85% to non-op side • SMBT 75% norm or 85% non-op side • CKCUEST 75% norm • ≥ 30 score on Psychological Readiness for RTS • Shoulder total arc motion equal to non op side
Phase IV (16-24 wks)	<ul style="list-style-type: none"> • Progress strength • Progress power* • Advance closed chain exercises and plyo drills* 	<ul style="list-style-type: none"> • UE Y-balance 90% • CKCUEST 90% norm or $>$ • Pass prone scapular endurance test • >40 on Psychological Readiness for RTS

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<p>Phase V (24 wks – 9+mos)</p>	<ul style="list-style-type: none"> • May begin interval throwing program if cleared by MD <u>and</u> if season dictates appropriate timing • Continue strength, power and speed* • Sport specific drills/ position specific load progression 	<ul style="list-style-type: none"> • Completion of throwing program without pain or swelling • IR ER strength 10% >non op side • ≥ 50 on Psychological Readiness for RTS • Completion of UE functional test battery with 97% passing rate
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*For UE power progression exercises go to <https://www.stlukesonline.org/health-services/specialties/programs/st-lukes-sports-medicine-program/therapy-plans/power-progression-upper-extremity/phase-1>

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