



ADVANCED ORTHOPAEDIC SPECIALISTS



Dr. Chris Arnold
Dr. David Yakin
Dr. Terry Sites
Dr. Mark Powell
Dr. Kenton Hagan

Postoperative Rehabilitation Following Chronic Ulnar Collateral Ligament Reconstruction Using Autogenous Grafts

	Goals	ROM	Therapeutic Exercises
Phase I 0 - 3 Weeks <i>PT 2x/week</i>	<ul style="list-style-type: none"> - Protect healing tissue - Decrease pain/inflammation - Retard muscular atrophy 	Week 1: Postoperative splint at 90° Week 2: Application of functional brace 30° to 100° Week 3: Advance brace to 10-110° (gradually increase ROM; 5° extension/10° flexion per week)	Week 1: 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. Week 2: Initiate wrist isometrics. Initiate elbow flex/ext isometrics. Continue all exercises listed above. Week 3: Continue above exercises
Phase II 4 - 8 Weeks <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"> - Gradual increase in range of motion - Promote healing of repaired tissue - Regain and improve muscular strength 	Week 4: Functional brace set 10-120° Week 6: Brace set to 0-130° AROM should be 0-145° without brace	Week 4: 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. Week 6: Progress elbow strengthening exercises. Initiate shoulder external rotation strengthening. Progress shoulder program.
Phase III 9 - 13 Weeks	<ul style="list-style-type: none"> - Increase strength/power/endurance - Maintain full elbow ROM - Gradually initiate sporting activities 	Full ROM	Week 9: 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. Week 11: Continue all exercises listed above. May begin light sport activities (e.g. golf, swimming).
Phase IV 14 - 26 Weeks	<ul style="list-style-type: none"> - Continue to increase strength, power, and endurance of upper extremity musculature - Gradual return to sport activities 	Full ROM	Week 14: Initiate interval throwing program (phase 1). Continue strengthening program. Emphasis on elbow and wrist strengthening and flexibility exercise Weeks 22-26: Return to competitive throwing