



Postoperative Rehabilitation Following Chronic Ulnar Collateral Ligament Reconstruction Using Autogenous Grafts

Phase I: Immediate Postoperative Phase (weeks 0-3)

Goals: Protect healing tissue
Decrease pain/inflammation
Retard muscular atrophy

A. Postoperative Week 1

1. Postoperative splint at 90° elbow flexion
2. Wrist AROM ext/flexion
3. Elbow compression dressing (2 to 3 days)
4. Exercises such as gripping exercises, wrist ROM, shoulder isometrics (except shoulder ER, biceps isometrics)
5. Cryotherapy

B. Postoperative Week 2

1. Application of function brace 30° to 100°
2. Initiate wrist isometrics
3. Initiate elbow flex/ext isometrics
4. Continue all exercises listed above

C. Postoperative Week 3

1. Advance brace 15° to 110° (gradually increase ROM; 5° extension/10° flexion per week)

Phase II: Intermediate Phase (weeks 4-8)

Goals: Gradual increase in range of motion
Promote healing of repaired tissue
Regain and improve muscular strength

A. Week 4

1. Functional brace set (10° to 120°)
2. Begin light resistance exercises for arm (1 lb) wrist curls, extensions pronation/supination elbow ext/flexion
3. Progress shoulder external rotation emphasize rotator cuff strengthening (avoid ER until 6th week)
4. Continue all exercises listed above

B. Week 6

1. Functional brace set (0° to 130°); AROM 0°-145° (without brace)
2. Progress elbow strengthening exercises
3. Initiate shoulder external rotation strengthening
4. Progress shoulder program

Phase III: Advanced Strengthening Phase (weeks 9-13)

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

A. Week 9

1. Initiate eccentric elbow flexion/extension
2. Continue isotonic program; forearm & wrist
3. Continue shoulder program--Throwers Ten Program
4. Manual resistance diagonal patterns
5. Initiate plyometric exercise program

B. Week 11

1. Continue all exercises listed above
2. May begin light sport activities (ie, golf, swimming)

Phase IV: Return to Activity Phase (weeks 14-26)

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

A. Week 14

1. Initiate interval throwing program (phase I)
2. Continue strengthening program
3. Emphasis on elbow and wrist strengthening and flexibility exercise

B. Weeks 22 through 26

4. Return to competitive throwing