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Syracuse Orthopedic Specialists, PC

Patient name: _____

Date: _____

**PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:
Ulnar Collateral Ligament Reconstruction**

***A long arm splint in 90° of flexion is placed on the arm. The patient begins therapy at one week
Therapist to remove splint and apply hinged elbow post-op brace***

Phase I: 1-3 Weeks

Clinical Goals:

- ◆ Maintain shoulder ROM
- ◆ Elbow ROM of 30° extension to 120° flexion

Testing:

- ◆ Elbow and forearm ROM

Exercises:

- ◆ IROM brace at 90° between exercises and at night
- ◆ AROM and light PROM exercises for the elbow within the brace
 - Brace should be set at 30° extension and 120° flexion and the exercises should be performed 6 times per day
- ◆ Active and light passive pronation / supination exercises within the brace with forearm straps loosened
- ◆ Ice 3-4 times per day
- ◆ Strengthening using putty, 3 times per day for 10 minutes
- ◆ Shoulder ROM exercises to maintain motion

Phase II: 3-6 Weeks

Clinical Goals:

- ◆ Achieve full elbow and forearm ROM by 6 weeks.

Testing:

- ◆ Elbow and forearm ROM
- ◆ Grip strength test at 6 weeks

Exercises:

- ◆ Set brace at 20° of extension and 120° of flexion for exercises at 3 weeks.
- ◆ Initiate wrist flexor and pronator strengthening exercises at 3 weeks.
- ◆ The patient may remove the brace 1-2 times per day to fully flex elbow 10 times
- ◆ Continue to increase extension in brace 10° each week to achieve full extension by 6 weeks

Phase III: 6 Weeks to 6 Months

Clinical Goals::

- ◆ Discontinue brace at 6 weeks
- ◆ Increase shoulder and elbow strength

Testing:

- ◆ Elbow and forearm ROM
- ◆ Grip strength

Exercises:

- ◆ Elbow strengthening. The patient should avoid valgus stress for 4 months.
- ◆ Shoulder strengthening can begin one week after elbow strengthening is initiated.
- ◆ HXT brace may be used if needed when gradually returning to a sport other than baseball.
- ◆ For baseball: at 3 months patient can begin throwing program with nerf ball for 2 weeks and then a tennis ball for 2 weeks, according to throwing program
 - At 4 months, patient can begin throwing progression program with baseball. Follow throwing program for UCL reconstruction.

Frequency: 2-3x per week

Duration: 16-20 weeks

Special instructions: _____

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