



ULNAR COLLATERAL LIGAMENT RECONSTRUCTION REHABILITATION GUIDELINES

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PHASE 1: Immediate Post-Op (0-3 weeks)

Goals	<ul style="list-style-type: none"> <input type="checkbox"/> Protect healing tissue and decrease pain and inflammation <input type="checkbox"/> Slow muscular atrophy
Exercises	<p><u>Week 1: Posterior splint at 90 degrees</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Begin wrist active ROM extension and flexion <input type="checkbox"/> Use elbow compression dressing <input type="checkbox"/> Grip exercises with play doh <input type="checkbox"/> Shoulder isometrics (NO shoulder external rotation) <p><u>Week 2: ROM brace settings 30-100 degrees</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Initiate wrist isometrics <input type="checkbox"/> Initiate elbow flexion and extension isometrics <input type="checkbox"/> Gentle scar massage/mobilization <p><u>Week 3: ROM brace settings 15 to 110 degrees</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Continue all above exercises

PHASE 2: Intermediate Phase (Weeks 4 – 8)

Goals	<ul style="list-style-type: none"> <input type="checkbox"/> Gradually increase ROM <input type="checkbox"/> Promote healing of repaired tissue <input type="checkbox"/> Regain and improve muscular strength
Exercises	<p><u>Week 4 – 5 : ROM brace settings 10 to 120 degrees</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Begin light resistance exercises for arm (1 lb) <ul style="list-style-type: none"> ○ Wrist curls, Supination/Pronation, Elbow Extension/Flexion <input type="checkbox"/> Progress shoulder program; emphasize rotator cuff strengthening <input type="checkbox"/> Begin gentle passive ROM for elbow <p><u>Week 6: ROM brace settings 0 to 130 degrees</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Progress elbow strengthening exercises <input type="checkbox"/> Initiate shoulder external rotation strengthening <input type="checkbox"/> Progress shoulder program