

UCL REPAIR PROTOCOL

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PHASE I(0 – 2 WEEKS): Motion: Wrist and finger ROM only. Light grip strength.

Bracing: Post-operative splint to TROM brace on post-op week 1. Brace at all times except for hygiene.

Activities: ADL's ok: pen, paper, pencil, keyboard, fork, mouse OK
Codman exercises shoulder.
Home exercise OK – no gym until incision is healed

PHASE II(2 – 4 WEEKS): Motion: Goal: ROM by 4 weeks 0 – 120 degrees. Begin PROM to AAROM elbow/shoulder as tolerates.

Bracing: TROM at all times; block extension > 20 degrees; flexion increase as tolerates unlock brace in PT.

Activities: No VALGUS STRESS x 8 weeks; may begin aerobic/conditioning exercises. Shoulder closed chain scapula/deltoid/rotator cuff program. Begin Thrower's Ten Program (baseball only week 4)

PHASE III(4 – 8 WEEKS): Motion: FROM 0 to 140 degrees

Bracing: None

Activities: NO VALGUS STRESS x 8 weeks; start elbow strengthening program. Advance Thrower's Ten Program

PHASE IV(8 – 10 WEEKS): Motion: FROM

Bracing: None

Activities: Increase strength program; one-hand plyometrics and prone planks week 8; 2 hand side planks plyometrics program week 9; seated machine bench and hitting program week 10; continue Advanced Thrower's Ten program

PHASE V(11 – 16 WEEKS): Motion: FROM

Bracing: None

Activities: ITP (interval throwing program) weeks 11/12; long toss program Phase 2. Continue above exercise/condition program.

PHASE VI(16 – 20 WEEKS): Motion: FROM

Activities: ITP Phase 2; initiate mound throwing per progression and ITP 1 completed.