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## **ELBOW ULNAR COLLATERAL LIGAMENT REPAIR PT PROTOCOL**

### **Phase 1: Weeks 0-2 (until first postoperative visit)**

Sling and splint at all times. No formal therapy at this point.

- Encourage full finger motion. May use a ball and attempt to make fist
- Keep arm elevated while at home to reduce swelling
- Use ice intermittently to help with pain, swelling

### **Phase 2: Weeks 2-4**

Will transition to hinged elbow brace at the first postoperative appointment. Begin physical therapy during this time.

- Hinged elbow brace set 0-100°
- Gentle PROM for elbow flexion and extension as above in the brace. Fingertip pressure only.
- PROM pronation and supination, as tolerated. No restrictions to motion.
- AAROM and AROM in elbow flexion. No strengthening.
- No active elbow extension or strengthening
- OK for stationary biking without use of operative arm
- Goal to progress to next phase is full passive elbow extension, no pain; no earlier than 4 weeks

### **Phase 3: Weeks 4-6**

Progressively open the brace by 15° per week

- Until it is unlocked (0-130°)
- Goal is full elbow flexion by week 6

Work towards normal active motion

- Progress AAROM and AROM in elbow extension
- Continue AROM elbow flexion, supination, pronation

Strengthening

- Core strength and stability
- Lower extremity strengthening without use of arms
- Shoulder and wrist isotonic
- May initiate elbow isotonic when full motion achieved.

### **Phase 4: Weeks 6-10**

Progress with strengthening

- Progress isotonic shoulder and elbow strengthening
- Initiate closed-chain elbow exercises
- Unrestricted lower extremity strengthening
- Progress core strengthening
- Rhythmic stabilization

Progress with Cardio

- Stationary bike
- Elliptical
- May begin jogging



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#### **Phase 5: Weeks 10-14**

##### Exercise progression

- Continue closed-chain elbow exercises, increased as tolerated
- Initiate open-chain exercises at week 12, as tolerated
- May progress to running
- Plyometrics

#### **Phase 6: Weeks 14+**

- Progress all strengthening as tolerated
- Sport-specific training

#### **IN ORDER TO RETURN TO SPORT**

- No pain
- No instability
- Normal functional motion
- Progression and completion of sport functional testing in PT