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## **UCL Ligament Repair/Reconstruction Rehab Protocol**

### **Phase 1 (0-2 week)**

- Splint @ 90 ° (MD directed)
- Gripping exercises
- Wrist ROM
- Modalities as needed

### **Phase 2 (2-4 weeks)**

- D/c splint
- Brace: ROM 40-80 °
- Pain free wrist isometrics
- Pain free elbow isometrics
- Pain free shoulder isometrics ( x IR/ER)
- Manual scapular stabilization exercises
- Modalities prn

### **Phase 3 (4-6 weeks)**

- Brace opened to 20-90 ° (MD directed)
- Increase ROM gradually
- Light wrist isotonic
- Light elbow isotonic
- Advance scapular strengthening
- Advance to light shoulder strengthening (x ER)
- Avoid valgus stress @ elbow

**Phase 4 (6-8 weeks)**

- D/c Brace (MD directed)
- Continue to restore ROM
- Progress wrist, elbow and shoulder isotonic
- Begin ER strengthening in neutral
- Upper body ergometer

**Phase 5 (8-10 weeks)**

- Advance elbow/wrist strengthening (stress eccentrics)
- Begin PNF patterns
- Continue aggressive shoulder strengthening
- Avoid RC strengthening to overhead position
- Continue UBE for endurance training

**Phase 6 (10-13 weeks)**

- Continue aggressive UE strengthening
- Begin plyometric program (must be pain free with good strong base)
- Restore normal flexibility
- Continue endurance training

**Phase 7 (14-24 weeks)**

- Initiate interval throwing program (MD directed)
- Continue flexibility exercises
- Continue full UE program (incorporate training principles)