



# **GOLDEN STATE ORTHOPEDICS & SPINE**

ELBOW ULNAR COLLATERAL LIGAMENT RECONSTRUCTION

## **WEEK 1:**

- **Splint** at 90 degrees

## **WEEK 2:**

- **Brace** at 30-100 degrees
  - Begin wrist and hand ROM, gripping exercises.
  - Upper extremity isometrics. Focus on scapula and IR/ER shoulder.
  - **If palmaris graft:** no aggressive stretching of wrist first 2-3 weeks
  - **If gracilis graft:** no stretching of hamstrings for first 2 weeks, and no isolated hamstrings resistance for 3-4 weeks. May bicycle at 2-4 weeks.

## **WEEK 3:**

- **Brace** at 15-115 degrees
  - Soft tissue/scar mobilization of palmaris or gracilis donor sites.
  - UE Isotonics week 3-4 with the weight of the arm.
  - Progress the ROM program 5 degrees of extension and 10 degrees of flexion per week.
  - (Goal of FROM 4-6 weeks)
  - (80% of strengthening focuses on the shoulder/periscapular region/proximal stability)

## **WEEKS 4-5:**

- Begin Thrower's Ten Program

## **WEEKS 8-10:**

- Advanced Thrower's Ten Program/Dynamic stabilization exercises - significant focus on periscapular musculature
- Rhythmic stabilization/strengthening of flexor/pronator
- Wrist flips with ball - flex/ext

## **WEEK 12:**

- Weight lifting - Isotonics: Bench Press (start seated/machine), Pull downs, seated rows, prone rows, biceps/triceps
- Plyometrics - two-hand drills

## **WEEK 14:**

- Plyometrics - one-hand drills, ball drills

## **WEEKS 12-16:**

- Progress strengthening program



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## **WEEKS 12-16 (cont):**

- Can start hitting by **weeks 14-16**.
  - Swings in the air, then tee work, then soft toss, over a 6-8 week period. Live hitting closer to 6 months.
- Criteria for return to throwing:
  - Full non-painful ROM
  - Elbow stability
- - Satisfactory isokinetic testing and clinical exam; adequate healing time

Low intensity throwing after 4 months. Slow progression up to and not beyond 90 feet. (Interval throwing program)

Low intensity (50%) throwing from the mound around 6 months.