



**Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service**

UCL Ligament Reconstruction Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: UCL tear

Frequency: 2-3 visits/week Duration: 4 months

Phase 1 (0-1 week)

- Splint @ 70° (MD directed)
- Gripping exercises
- Wrist ROM
- Modalities as needed

Phase 2 (1-4 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 & 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
- Advance 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 strength 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)